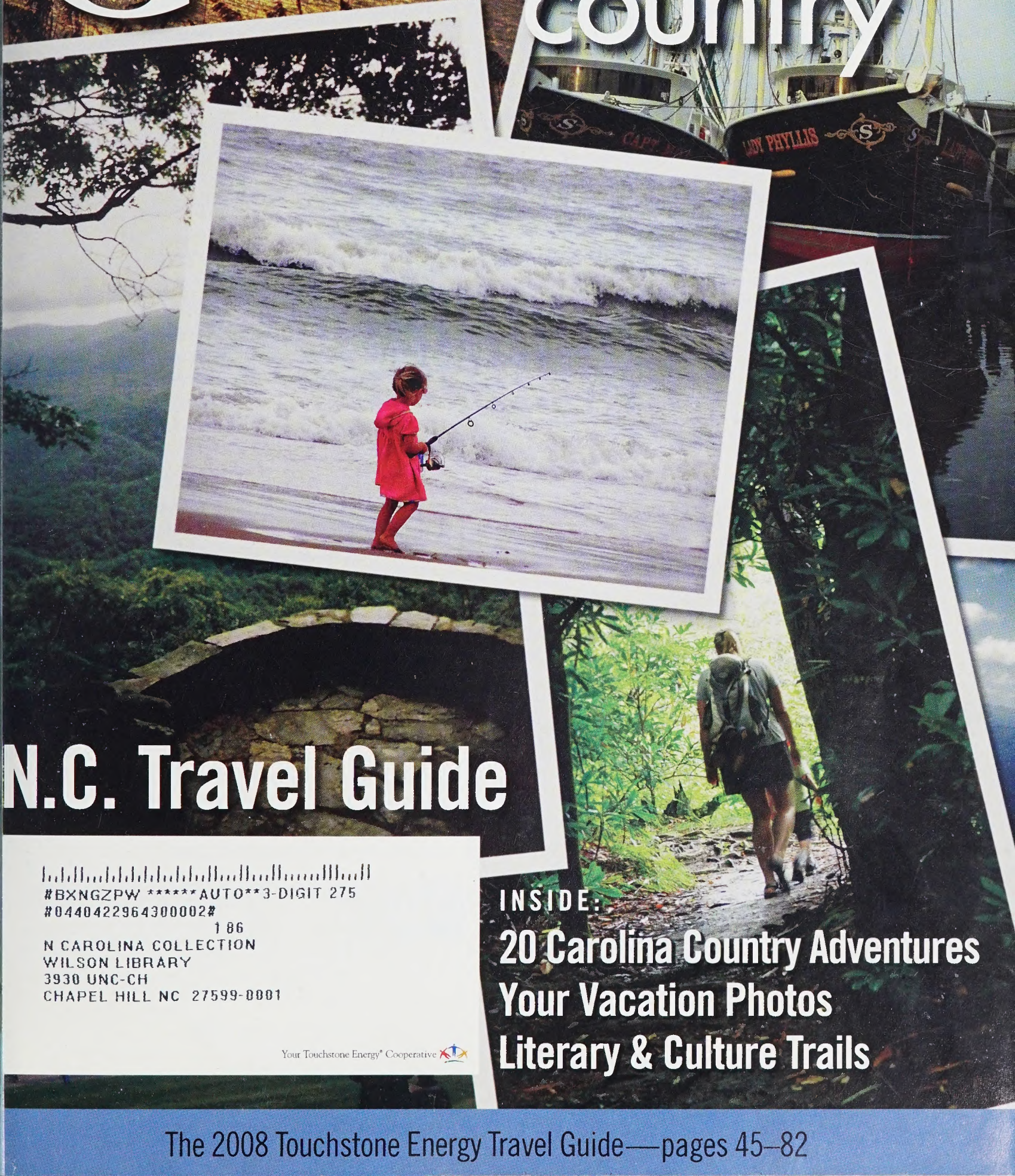


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April 2008

Volume 40, No. 4

45

FEATURES

45 *Carolina Country Adventures* TRAVEL GUIDE

Your 2008 Touchstone Energy Travel Guide offers 20 new adventures, four in each of five regions of North Carolina: some new attractions, old standby destinations, places for children and grandchildren, all of them perfectly Carolina Country. There's also a full list of travel information centers. Start your adventures on page 45.

11 *Household Electricity Usage*

A guide to how much electricity is used by common household appliances.

12 *Electric Safety Quiz*

How fast is electricity? How can you prevent circuit overload?

16 *Your Vacation Pictures*

Snapshots of your memorable North Carolina vacations.

21 *Cultural Guidebooks*

New travel guides to North Carolina's literary, art and farm culture heritage.

ON THE COVER

Some of your favorite North Carolina vacation photos. See more on pages 16–19.

Travel Guide Cover Photo (page 45): A stretch of the Blue Ridge Parkway in North Carolina. (N.C. Division of Tourism photo)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

Our Energy Future: What You Can Do

By Dale F. Lambert



These days, many of us are thinking more about the impact of our energy use than we used to: where oil will come from and what we pay for it, the rising cost to heat and cool our homes and businesses, our insatiable appetite for electricity, and if our vehicles and power plants alter climate patterns.

Energy is the life blood of our economy and a foundation for our quality of life. Your electric cooperative continually works with policy leaders on energy issues. We are obligated to meet your needs and are stepping up our power production and delivery systems to meet a greater energy demand, especially in North Carolina. At the same time, we face the growing call for using more renewable energy resources, for limiting the effects of power production on our environment, and for keeping energy affordable.

Our challenge is to strike a balance between employing new, clean, efficient technology, encouraging energy efficiency, developing more expensive renewable resources while containing what it will cost you for electricity.

A recent survey of cooperative members shows that about 80 percent of you favor pursuing a balanced approach. However, when asking consumers about cost, here's where the rubber meets the road. About two-thirds of homeowners surveyed are willing to pay 5 percent extra for developing renewable energy. But when asked if you're willing to pay 10 percent more on your power bill, or 20 percent or 30 percent, your willingness drops off markedly. Among businesses, the willingness to pay for renewable energy is less: only one-third of business members are OK with a 5 percent premium, and only 8 percent of industrial members are willing to pay a 5 percent more for green power.

So our marching orders are to march gradually so you don't see a spike in your monthly electricity bill. We understand your message and are trying to let

all concerned know about your sentiment on significant cost increases.

However, state and federal government officials are hearing voters ask for cleaner energy and a cleaner environment. They are responding to that call. North Carolina is among many states requiring electric utilities to increase substantially our use of renewable energy resources. And we are prepared to do that while trying to balance all your interests in doing so. To help strike the right balance, you can help.

Ask these questions

As we enter the heat of the election season, we can begin a serious conversation with policymakers about our energy future. We may have only one opportunity to "get it right" for the future generations of electric cooperative members. Here are three questions to ask your elected representatives—as well as those seeking your vote.

1. Experts say that our nation's growing electricity needs will soon go well beyond what renewables, conservation and efficiency can provide. What is your plan to make sure we have the electricity we'll need in the future?
2. What are you doing to fully fund the research required to make emissions-free electric plants an affordable reality?
3. Balancing electricity needs and environmental goals will be difficult. How much is all this going to increase my electric bill and what will you do to make it affordable?

You can ask these questions by using an easy form on this Web site: www.ourenergy.coop.

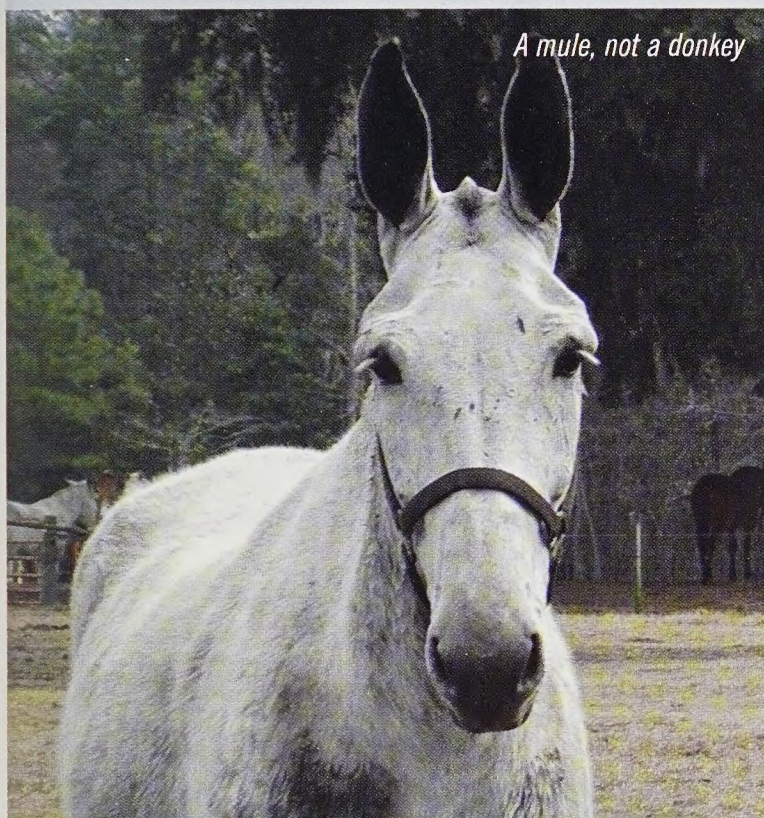
If you would rather call or write a card or letter to your elected officials, see page 8. For information about your state representative or state senator, go to: www.ncleg.net.

Dale Lambert is the general manager of Randolph EMC, based in Asheboro. He also chairs the statewide Rural Electric Action Program.

The last words on mules and donkeys

The explanation in the March Carolina Country, "When is a mule not a mule" is only partly correct. A male hinny and a male mule are both called johns. A female hinny and a female mule are called mollies. Johns and mollies are not collectively called mules. Not all mules are male, and not all hinnies are female. There are both sexes in both mules and hinnies.

Tamara Lawler



A mule, not a donkey

We have three donkeys, two mules and a Belgian draft mare. The mare is the mother of one of the mules. Mules are sterile but still are either male or female. You can easily tell the sex of a mule, just like you can a horse. The hybrid offspring from a stallion and a donkey jennet is a hinny. The hybrid from a donkey jack and a mare is a mule. Male mules are sometimes called johns, and female mules are called mollies. John mules are usually gelded like stallions. Even though they are sterile, the gelding makes the mule easier to handle.

Amy Johnson, Warrenton, Halifax EMC

The following definitions are provided by Tex Taylor, a veterinarian and professor at Texas A&M University.

- *Donkey*: common name for members of the ass family
- *Jack*: an uncastrated male donkey
- *Jenny/Jennet*: a female donkey
- *Mule*: the hybrid resulting from mating a male donkey to a female horse
- *Hinny*: the hybrid resulting from mating a male horse to a female donkey
- *Mare Mule*: female mule, also called a molly mule hinny
- *Mare Hinny*: female hinny, also called a molly
- *Horse Mule*: male mule, also called a john mule
- *Horse Hinny*: male hinny, also called a john hinny
- *Mule Mare*: female horse used to produce mules

Old-time expressions

Haywood EMC member Claude Nicholson in Brevard sent us these old-time expressions:

- You're mixed up as termites in a yo-yo.
- I'm just sitting here winding my watch and counting my money.
- He's lower down than a snake in a wagon track.
- You never know what courting is until you've courted in the rain.
- He's tight as Dick's hat band.
- That sticks like a leech.
- The preacher told the congregation to "Get ahold of the horns of the altar."
- Looks like it's coming a regular frog strangler.

We lost our ears



Sonny was our mixed Jack Russell, who loved being anywhere with us. We are profoundly deaf, but Sonny knew how to take care of us and would guide us. He would tell us if someone was at door or if the washing machine was ready to wash. He would sit in front of the shower and guard us. He loved chasing deer, but never would go far because he wanted to stay by us to protect us. If he heard something, he would alert us. We loved him very much.

He passed away Jan. 16, 2008. We buried him near the pond across street because he loved water. He left us devastated, because he was our ears.

We now are looking for a dog who can be our ears.

Here is a picture of Sonny with my husband, Greg, and my two step-daughters, Sarah and Brittany.

*Holly and Greg Meadows
2560 Cobb Dail Rd.
Farmville, NC 27828
Pitt & Green EMC*

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Contact your elected officials about energy and climate change

Pressure is mounting in Congress to do something about climate change. And while political debates in Washington, D.C., may seem far away, the outcome could have a direct impact on your cooperative and other electric consumers.

Climate change is one aspect of a looming energy crisis created by increasing demand and decreasing capacity to meet that demand. Some experts say some areas of the country may be short of power within one or two years.

Cooperatives nationwide are urging members to contact elected officials—and those running for office—to ask them to provide leadership on sensible ways to address these energy and climate issues. Members of Congress as well as state elected officials are hearing from interest groups who have ideas about how to address climate change, but there is no unified voice for consumers.

To make things easy, electric cooperatives have set up a Web site that will send an e-mail for you. Go to www.ourenergy.coop and plug in your address. There you'll be able to ask a series of questions to your representatives in Washington.

Cooperatives members who would rather phone or write a card or letter to their Congressional representatives can refer to the contact information published here.

Senator Elizabeth Dole (R)
555 Dirksen Office Building
Washington, DC 20510
Phone: (202) 224-6342

Senator Richard Burr (R)
217 Russell
Senate Office Building
Washington, DC 20510
Phone: (202) 224-3154

Cong. G. K. Butterfield (D-1)
413 Cannon
House Office Building
Washington, DC 20515
Phone: (202) 225-3101

Cong. Bob Etheridge (D-2)
1533 Longworth House
Office Building (office)
Washington, DC 20515
Phone: (202) 225-4531

Cong. Walter Jones, Jr. (R-3)
2333 Rayburn
House Office Building
Washington, DC 20515
Phone: (202) 225-3415

Cong. David Price (D-4)
2162 Rayburn
House Office Building
Washington, DC 20515
Phone: (202) 225-1784

Cong. Virginia Foxx (R-5)
430 Cannon
House Office Building
Washington, DC 20515
Phone: (202) 225-2071

Cong. Howard Coble (R-6)
2468 Rayburn
House Office Building
Washington, DC 20515
Phone: (202) 225-3065

Cong. Mike McIntyre (D-7)
2437 Rayburn
House Office Building
Washington, DC 20515
Phone: (202) 225-2731

Cong. Robin Hayes (R-8)
130 Cannon
House Office Building
Washington, DC 20515
Phone: (202) 225-3715

Cong. Sue Myrick (R-9)
230 Cannon
House Office Building
Washington, DC 20515
Phone: (202) 225-1976

Cong. Patrick McHenry (R-10)
224 Cannon
House Office Building
Washington, DC 20515
Phone: (202) 225-2576

Cong. Heath Shuler (D-11)
512 Cannon
House Office Building
Washington, DC 20515
Phone: (202) 225-6401

Cong. Mel Watt (D-12)
2236 Rayburn
House Office Building
Washington, DC 20515
Phone: (202) 225-1510

Cong. Brad Miller (D-13)
1722 Longworth
House Office Building
Washington, DC 20515
Phone: (202) 225-3032

Below: Delegates from North Carolina's electric cooperatives regularly discuss energy issues with members of Congress, as they did last year with Sen. Richard Burr.



WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by April 9 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our May issue, will receive \$25.

March winner:

The March photo, sent by Johnnie L. Poole of Gaston County, showed a barn in the Jonas Ridge community of Burke County in Rutherford EMC territory. The barn is on Hwy. 181 north of Morganton and about one mile south of the Jonas Ridge Post Office, near the Mountaineer Equipment John Deere dealership. The stall is so small that a cow inside can't turn around. The many correct answers were numbered and the \$25 winner chosen at random was Pam Roths of Morganton, a member of Rutherford EMC.



Halifax EMC will help its hometown

Halifax EMC, the Touchstone Energy cooperative based in Enfield, has forged a working relationship with the town of Enfield through a 20-year power supply agreement and a long-range planning program.

"The joining of these two forces, Halifax EMC and the town, will go a long way in stabilizing future rates for both parties and creating a better working environment for economic development," said Morell Jones, president of the Halifax EMC board of directors. "Halifax EMC brings to the relationship not only our local resources, but resources from our state and national organizations."

Charles Guerry, executive vice president and general manager of Halifax EMC, said, "The future of this relationship appears to look brighter as we work together for economic development in the town and surrounding areas."

Enfield Mayor Warnie Bishop said, "The development of our mutual relationship will hopefully lead to bigger and better things for Enfield."

In the coming months, HEMC and Enfield will establish a master plan that will encompass a comprehensive development plan. It will include downtown revitalization, housing, recreation, schools, commercial and industrial opportunities, as well as infrastructure such as water, sewer and roads needed to support future development.

Progressive Resources, a Halifax County grant writing firm, has been hired to develop a funding plan for the planning.

Share your memories

Do you remember first-hand what it was like when your family received electric power in the home or on the farm? You can share your experiences in one of two open forums in Raleigh in May. This event is presented in conjunction with OakView Park's exhibition, "Seeing the Light: How Electricity Changed Rural North Carolina," on view through June 29.

The memories forum will be held from 1 to 3 p.m. on May 14 and May 17. To participate, contact Sara Drumheller at (919) 250-1013 or by e-mail at oakview@co.wake.nc.us. For more information visit www.wakegov.com/parks/oakview.



Try This!



Measuring energy use

Q: How can I measure how much electricity my appliances are using?

A: There are several kinds of plug-in devices to help average consumers understand and monitor their energy use anywhere a power cord and electrical outlet will be used. The devices are relatively simple to use and portable. Plug one into an outlet, then plug in the appliance, light or other device you wish to monitor and measure. These devices take the mystery out of the question “How much power does this device (or power strip of electronic equipment) use?”

There are several brands available, all are similar. These power monitors usually cost \$20–\$30 each and are available mail order and in retail stores.

The power monitor can help average consumers understand what their individual plug-in conveniences are costing them in electricity, but they will not necessarily predict monthly electric bills. They simply tell what each individual plugged-in device uses.

There is a device call the “whole house power monitor” that consumers can hook to an outdoor utility meter. A signal sends instantaneous kilowatt-hour usage data to an inside display device, similar to an outside temperature/weather station. It works by the same principle as the instantaneous miles-per-gallon computers on vehicles.

Source: TSE Services

Can you help others save energy?

Send your conservation ideas or questions to us.

P.O.Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Microcell fuel cells light up the National Zoo

Microcell Corporation, a hydrogen fuel cell company in Martin County, recently demonstrated its innovative technology at the Smithsonian National Zoo in Washington, D.C. Microcell’s hydrogen fuel cells were used to power LED lights at the entrance to an exhibit at the Smithsonian National Zoo.

North Carolina’s Touchstone Energy cooperatives partnered with Microcell in 2006 because of its innovative fuel cell design. Microcell’s fuel cells contain removable and replaceable parts that make repairing and maintaining their fuel cells an efficient process, a quality that traditional fuel cells lack.

The Edgecombe-Martin County EMC cooperative in Tarboro provided a zero percent interest loan to the Martin County Economic Development Commission who then loaned to Microcell as an incentive for the company to choose Martin County as the new home of its manufacturing facility.

Your church & climate change

A North Carolina Council of Churches program is helping local church communities understand the issues surrounding global climate change and how energy-efficiency practices at home can help.

The North Carolina Interfaith Power & Light initiative offers the following resources at no charge to churches and synagogues:

- Workshops on global warming for youth and adult education classes.
- Energy audit program showing how churches can save on their energy bills.
- Video lending library.
- Monthly newsletter.
- “Ten Simple Things You Can Do.”
- Energy Efficiency Shopping Cart for purchasing Energy Star appliances and other energy-saving devices.

For learn more, contact N.C. Interfaith Power & Light, 1307 Glenwood Ave., Suite 156, Raleigh, NC 27605. Phone: (919) 828-6501. Web: www.ncipl.org.



Electric appliance monthly energy costs

How much does it cost per month to operate your appliances? You'll find the average monthly operating costs for many of them in this table.

Keep in mind that these costs will rise as the cost of energy rises during the coming years.

- We've used the average residential rate of 10.2¢ per kilowatt-hour (2006 average of all North Carolina's electric cooperatives combined) to calculate these numbers.
- All kilowatt-hour calculations are rounded to the nearest 1.
- All cost calculations are rounded to the nearest 1¢.
- The cost to operate any appliance can be calculated with this formula:
Operating cost = wattage/1,000 x hours used x cost/kilowatt-hour.

APPLIANCES	APPROX. AVERAGE WATTAGE	HOURS OF USE	KILOWATT HOURS	MONTHLY COST
Air Conditioner—Room 6,000 BTU	750	120–240	90–100	\$9.18–\$18.36
Air Conditioner—Room 9,000 BTU	1,050	120–240	126–252	\$12.86–\$25.71
Air Source Heat Pump (12 SEER 2.5 ton)	3,500	90–180	315–630	\$32.13–\$64.26
Clock	5	Always on	4	\$0.41
Clothes dryer	5,000	6–28	30–140	\$3.06–\$14.28
Clothes washer	500	7–40	4–20	\$0.41–\$2.04
Coffee maker	1,000	4–30	4–30	\$0.41–\$3.06
Computer with monitor and printer	200	25–160	5–32	\$0.51–\$3.26
Dehumidifier	350	120–720	42–252	\$4.28–\$25.70
Dishwasher	1,800	8–40	14–72	\$1.43–\$7.34
Drill	300	3–7	1–2	\$0.11–\$0.22
DVD player	40	50–200	2–8	\$0.21–\$0.82
Fan (portable)	115	18–52	2–6	\$0.21–\$0.63
Freezer—15 cubic feet	335	180–420	60–141	\$6.12–\$14.39
Freezer—20 cubic feet—chest	350	180–420	63–147	\$6.43–\$15.00
Heater (portable)	1,500	30–90	45–135	\$4.59–\$13.77
Humidifier (portable)	100	80–540	8–54	\$0.21–\$5.51
Iron	1,000	1–10	1–10	\$0.11–\$1.02
Lawn mower (electric)	1,500	2–4	3–6	\$0.32–\$0.62
Lighting—Incandescent 60 w	60	17–200	1–12	\$0.11–\$1.23
Lighting—Compact fluorescent (60 watt equivalent)	18	17–200	0.3–4	\$0.04–\$0.41
Microwave oven	1,500	5–30	8–45	\$0.21–\$4.59
Standby Power—Cordless Drill	240	400–720	96–173	\$9.80–\$17.62
Standby Power—Microwave oven with Clock	8	Always on	6	\$0.62
Power saw	275	2–4	0.6–1.1	\$0.07–\$0.12
Range—Oven	3,500	10–50	35–175	\$3.57–\$17.85
Range—Small element	1,200	10–50	12–60	\$1.23–\$6.12
Range—Large element	2,300	10–50	23–115	\$2.35–\$11.73
Refrigerator/freezer—Frost-free 16–18 cu. Ft.	400	150–300	60–120	\$6.12–\$12.24
Refrigerator/freezer—Side by Side	780	190–300	148–234	\$15.10–\$23.87
Stereo	30	1–170	0.3–5	\$0.04–\$0.51
Television—color 19"	100	60–440	6–44	\$0.62–\$4.49
Television—color 27"	170	60–440	10–75	\$1.02–\$7.65
Television—42" Plasma	450	60–440	27–198	\$2.76–\$20.24
Toaster—pop-up	1,100	1–3.5	1–4	\$0.11–\$0.41
Toaster—Toaster oven	1,250	2–24	3–30	\$0.32–\$3.06
Vacuum cleaner	800	2–6	2–5	\$0.21–\$0.51
Video game (X-box)	100	15–75	2–8	\$0.21–\$0.82
Water Heater (typical family of 4)	4,500	90–138	405–621	\$41.31–\$63.35

How fast is electricity?

Answers to this and other electric safety questions

Illustrated by Warren Kessler



Take the electric safety quiz and see how well you score. It's fun, important and could save your life.

Electric safety quiz

1. Electricity travels at the rate of:
A. 120 miles per hour.
B. 5,280 feet per second.
C. 186,300 miles per second.

2. Where is the safest place to be during a lightning storm?
A. In a car.
B. In the middle of a field.
C. In a house.
D. Lying face down on the ground.

3. The average number of people who die in the United States each year from being struck by lightning is about how many?
A. 10.
B. 100.
C. 1,000.
D. 100,000.

4. True or False: Using a telephone during a lightning storm is dangerous.

5. If you see a downed power line or low-hanging power line, you should:
A. Move it out of the way and call your local electric cooperative.
B. Stay clear and call the electric cooperative immediately.
C. Don't worry about it because your cooperative already knows about it.

6. True or False: Power lines coming from the outdoor pole transformer to your house are covered and OK to touch.

7. True or False: It is safe to touch a power line with a pole, as long as the pole is made of plastic.

8. How much voltage is needed to hurt or kill people?
A. 120 volts.
B. 240 volts.
C. More than 240 volts.
D. Any voltage.

9. If a household fuse blows or a circuit breaker trips, the first thing you should do is:
A. Call your electric cooperative.
B. Determine what caused the fuse to blow or the breaker to trip.
C. Open your breaker box or fuse box.

10. In order not to overload your household circuits, you should know the capacity of the circuits. How can you determine the capacity?
A. Look at your electric bill.
B. Check the meter outside your house.
C. Open your breaker box or fuse box.

11. If you have a lot of electronic devices and appliances at work in one area of your house, which is the best way to power them?
A. Connect them all to a power strip with a surge suppressor.
B. Have an electrician add wall outlets.
C. Plug in only the one you intend to use.

12. What uses more electricity?
A. Leaving a light on all day.
B. Playing Nintendo (video games) for two hours.

13. Which takes more electricity?
A. Washing clothes on a warm or hot setting in an automatic washer.
B. Drying clothes on a warm or hot setting in an automatic dryer.

14. True or false: You should unplug small appliances when not in use.

15. A lamp's or light fixture's recommended bulb wattage means:
A. It's OK to use a bulb of that wattage or lower.
B. It's OK to use a bulb of that wattage or higher.
C. You must use a bulb of that wattage only.

Score	Rating
15 correct	You can work for an electric cooperative.
12-14 correct	You missed the trick questions.
1-13 correct	You learned important information.
0 correct	You chose the wrong answers on purpose.

11. Answer: B. If you see a downed power line or a low-hanging one, you should stay clear and call your electric cooperative immediately.

6. Answer: False. Power lines coming from the transformer to your house are covered but they're NOT OK to touch. Always stay away from power lines.

7. Answer: False. It is not safe to touch a power line with any pole. The same goes for an antenna or other object.

8. Answer: D. Any voltage can hurt or kill people.

9. Answer: B. Determine what caused the fuse to blow or the breaker to trip before replacing or resetting. If you can't find out, call an electrician.

10. Answer: C. Your breaker box or fuse box should contain a diagram showing the amp capacity for each circuit. Make sure the combined amp rating of your electrical equipment does not exceed the circuit's capacity. If there is no diagram, contact an electrician.

Your cooperative believes it is very important that you know how to be safe around electricity. Just like there's no such thing as being too safe, there's also no such thing as too much information about electrical safety. We hope you enjoyed the quiz and learned something, too.

How did you do?

All information has been approved by the Job Safety & Training Department of the North Carolina Association of Electric Cooperatives.

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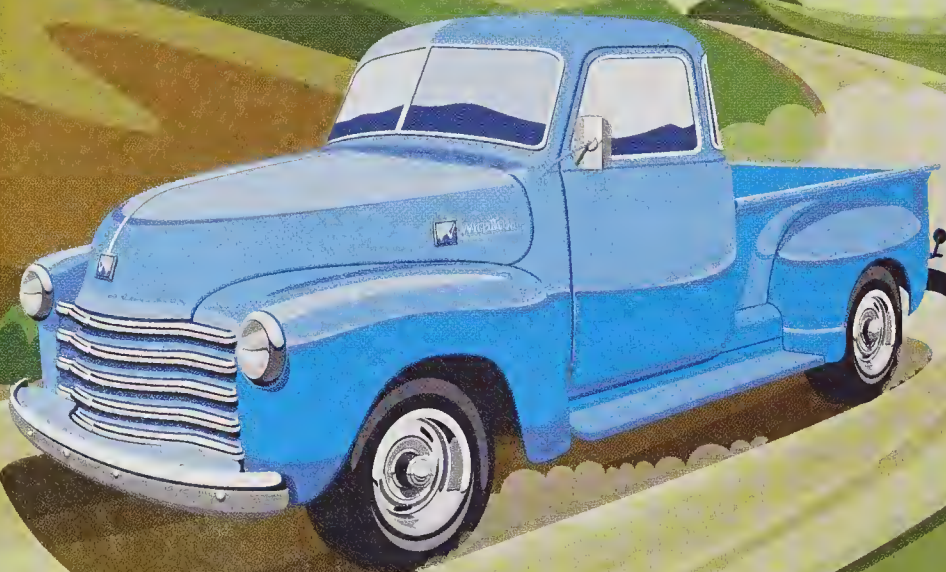
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Visit www.wildblue.com and enter your ZIP code to check for service availability and promotional offers. Requires a clear view of the southern sky. Download speed comparison between Pro Package and 40Kbps dial-up file transfer rates. Actual speeds may vary; many factors affect speed. Usage subject to WildBlue's Fair Access Policy. Equipment and installation charges, taxes and minimum term commitments for monthly service fees also apply. Prices subject to change. Promotional installation and equipment offers are valid for a limited time and may be changed or withdrawn at any time. For complete details, visit www.wildblue.com/legal. ©2008 WildBlue Communications, Inc.

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Now the hypo-allergenic Oreck XL Ultra vacuum is engineered with IntellaShield™—a combination of two innovative technologies designed to give you the best protection against bacteria, mold, mildew, and foul odors. Microban®, an antimicrobial agent, is built right in to the vacuum. It actually penetrates microbes and

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FOR ONE FULL
YEAR!**

helps inhibit their ability to grow and reproduce and cause foul odors. Plus, enhanced odor controls help eliminate pet odors and other stubborn smells so your home is fresher and cleaner than ever. And, since IntellaShield is

engineered into the vacuum, you get a whole new level of clean with no extra effort. In fact, IntellaShield keeps working even when the vacuum is turned off. So you get Protection Beyond Clean.™

The Oreck XL Ultra sports a 50% improvement in air filtration. It cleans in one pass and traps 99.9% of all harmful allergens down to 0.3 microns. (Bacteria measures 0.4 to 10 microns. Mold spores are 10 to 100 microns.)

On top of that the Oreck XL Ultra is incredibly lightweight and makes housework a breeze. All this and it uses about 1/3rd the electricity of virtually any other brand. That could save you hundreds of dollars in energy costs over the life of the vacuum. And it comes with a 10-year warranty and 10 free annual tune-ups, to keep it running like new.

Buy the Oreck XL Ultra with IntellaShield today, and get a \$199 hypo-allergenic Housekeeper® Compact Canister for free. It's great for ceilings, furniture, closets, and it's a great car vac, too. It's Strong Enough To Pick Up A 16-lb. Bowling Ball®.

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PCD6R



1: In the "Sailing Capital"

It was only a weekend get-away to a place friends had told us about, but it turned out to be three days in one of the most charming towns: Oriental, North Carolina, in Pamlico County.

Oriental's population is less than 900 folks, but there are more than 2,700 boats, so the town calls itself "The Sailing Capital of North Carolina."

We enjoyed staying at The Captain's Quarters Bed and Breakfast, where a lovable pit bull liked to sleep with his head on your foot while you relaxed with a cold drink on the veranda. We had lunch on the porch of the Toucan Grill and laughed with the locals as the transient boaters tried to dock their boats. We had coffee and sweet rolls at The Bean each morning, and a visit to the only market in town. Then at sunset, drinks at the Tiki Bar.

If you go, be careful of the dragon that guards the lagoon by The Bean.

Tom and Becky Morrell, Hertford, Albemarle EMC



Thanks to everyone who sent photos and stories of your North Carolina

vacations. You can see more on our Web site. Next month we'll publish pictures of the best homes your pets ever had. [Deadline was March 15.] For more themes and rules of our "Nothing Could Be Finer" series, see page 19.



2: Paddling the New River

On our summer vacation, my family and I went to West Jefferson for a kayak trip down the New River. The New River is the oldest river in the United States. It is different from any other river because New River flows from south to north. The mountain views are breathtaking, water crystal clear and the sky that day was a Carolina blue.

On the way down the river, we could see baby trout swimming below the surface of the water. Our favorite site was this old historic grist mill.

We have discovered that we do not need to go outside of North Carolina for vacation trips. We have one of the most beautiful states in America and plan to explore a new site each summer.

Michael Taylor, Gastonia, Rutherford EMC

3: In the Land of Oz

We were totally surprised when our 3-year-old daughter, Abby, loved the movie "The Wizard of Oz." She would watch it over and over and now recites quotes from the movie.

On Oct. 6, 2007, my mother-in-law and father-in-law took my family to Beech Mountain in the North Carolina mountains to visit the "Land of Oz." We visited Auntie Em, Uncle Henry, Scarecrow, Tin Man, Lion, the famous Wicked Witch, and Dorothy with the Wizard. We had the best time and hope to return to follow the yellow brick road again soon. This is a picture of our Abby with Dorothy and The Gang on the Yellow Brick Road.

*Curt and Kristi Chambers
Rougemont, Piedmont EMC*



4: Carolina Beach sunrise

In the summer of 2006 my wife and I stayed in an oceanfront inn on Carolina Beach. The rising sun would greet the shrimp boats each morning as the fishermen trolled the coast searching for an early morning catch. We visited the North Carolina Aquarium on this trip. It was interesting to see how the aquarium had been completely updated from how it was when I visited as a child.

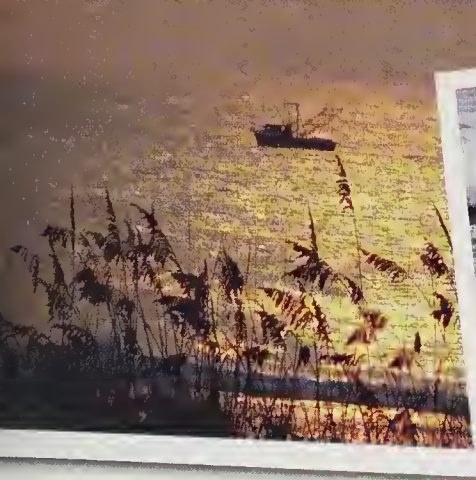
Eric McPherson, Asheboro, Randolph EMC

5: Fishing for dolphin on Topsail

This is a picture taken on our vacation to Topsail Island. After seeing some dolphins in the surf, Gracie, our 2-year-old, decided she was going to try and catch one. She fished very patiently for several days in a row. Although she never caught a dolphin, she and her sister enjoyed chasing the seagulls and crabs, the waves and the beauty of nature.

Lori Hall, Connelley Springs, Rutherford EMC





6: The classic family vacation

It was 5 a.m. on a Saturday in November 1958. Our parents, Edgar Lee and Ruby Thornton, set off to take their 10 children on a vacation to the Virginia mountains.

Daddy was a pipe foreman with a construction company, and he and his crew from Wayne County were laying a pipeline in the Lynchburg, Va., area. He loved his work and wanted his family to see this project.

After a quick stop at the Rex School of Nursing in Raleigh to pick up our oldest sister, Dora Lee, our fully-loaded 1957 yellow Chevy headed north. The older children all claimed bragging rights for seeing the biggest hill or best leaf color.

When we saw Daddy's project, I felt awed by the vast red clay hill with miles of huge pipeline. As we traveled on, the little ones got crabby. Faye recalls that Mama rejected several roadside picnic areas as "too dangerous." Sure enough, "knee baby" Keith toppled over an incline, and I pulled him to safety.

Dolly recalls driving by the Natural Bridge. Ann said we were chewing gum and someone complained, "Mama, she is smackin' in my ear!" Billie loved the fried chicken and wiener picnic (in the photo). Mary Ellen liked the Pepsi because we usually got only tea. Kenneth retreated to the back window to "get away from the six sisters." Daddy let Dora Lee drive on the way home and he rested and hugged Mama as she nursed baby Gene.

Betty T. Williams, Mount Olive, Tri-County EMC

7: The Inn at Biltmore

It was our 25th anniversary, and because we financially could not afford a party, our two sons who are in the military here in North Carolina chipped in to send us on a honeymoon package to the Biltmore in Asheville. It was incredible.

The first day we had some time before 3 p.m. check in, so we found some local antique shops. We drove to the Inn at the Biltmore where we were staying. We were surprised by roses and champagne on our table. The service and food were impeccable. Next door is the winery. We read books by the fireplace in the inn. We rode horses for three hours in the mountains. Our guide took a cooler with a picnic lunch.

We had a dinner reservation at the Inn. I had a black skirt on, so the waiter switched my white napkin to a black one so I wouldn't get white lint on my skirt.

We will never forget this gift from our sons.

Rite Caperna, Carthage, Randolph EMC

8: Haven's tree

In July 2007 my husband and I took our 6-year-old granddaughter, Haven, to Cherokee. We visited the Mountain Farm Museum at the Great Smoky Mountains National Park. It is a historic farm with buildings that form an open-air museum, which show life in the early 1900s. Haven found this old tree by the stream with an excellent hiding place. "Grandma, look!" she said. "We can go through this tree!" And we did.

*Joyce Lassiter, Hobbsville
Roanoke Electric*

9: Bubbles in Burnsville

We were on vacation in Burnsville, and my husband was sitting on the deck one evening blowing bubbles for our daughter, who was 5. She is now 22 and says this was one of her favorite vacations, because she had fun with her dad and the bubbles.

Joy Boone, Hickory

10: Baby's first waves

In October 2007 we took our son, John Douglas, to the beach. Since it was around 90 degrees we let him put his feet in the ocean for the first time. He loved watching the waves go back and forth and kicking his feet in the water. At four months old, he was a little anxious, but he was being held by his dad.

*Jamie Carroll
Cherryville
Rutherford EMC*





11: Honeymoon in the mountains

My husband Ben and I love the mountains, so there was no question where we would go on our honeymoon. We were married on June 23, 2006, and we left the next morning for Banner Elk. We stayed on Sugar Mountain in a great cottage.

One day we drove on the Blue Ridge Parkway and took many wonderful pictures. There was one particular spot that took our breath away. We just happened to find this stone ledge that overlooked some of the mountains along the parkway. The mountains reminded us of God's power and splendor.

Ben and I also visited the Biltmore Estate in Asheville. It was so hot that day I didn't think I could keep going as we walked around the huge estate.

We had a terrific honeymoon and cannot wait to visit again soon—next time when the leaves are changing.

Carrie L. Blanchard Purser, Gates, Roanoke Electric

12: Hatteras Island seal

In all our years of vacationing at the Outer Banks, we were surprised and delighted one time to see this little creature just relaxing on the beach. We were at Hatteras Village on the morning of January 19, 2008, and a little baby seal appeared, and just seemed like it was right at home. We never knew seals traveled this far south.

The seal had no problem posing for us and just stayed put, opened and closed its eyes, as if to say, "Glad to see you too!"

Lyles Riemann, Lancaster, S.C.



13: On the Outer Banks with Deedee

It was June 2002 when my girlfriend Deedee came down from Raleigh so we could visit the Outer Banks. Our first stop was at the Dune Burger to get something to eat, then to Jennette's pier across the road (see the photo). Someone fishing here pulled up a skate, and I thought she was going to jump overboard saying, "That's one ugly fish!"

Later we went for lunch at the Dunes Restaurant, where we both ate until our stomachs were hurting. That didn't stop us from the Jurassic Park mini-golf.

Deedee (on the right) passed away in 2007, and my heart was burdened. But I can say that was one of the best trips I ever had and I have the pictures to remember it.

Belinda Faye Boyce, Edenton, Albemarle EMC

14: Sand alligator on Kure Beach

In the summer of 2000 our family took a weeklong vacation to Kure Beach. We stayed in one of the nostalgic, oceanfront beach cottages. A welcoming plaque greeted us with the words: "May your time be filled with relaxing sunsets, cool drinks and sand between your toes."

We spent sunrise mornings fishing for pan-sized flounder in front of our cottage. Golden fried flounder was a given for our lunch along with fresh shrimp that we peeled at our table and tossed the shells onto laid-out newspapers.

The younger cousins rode the waves and built sandcastles. Our older cousins, Daniel and Marc, decided to break the traditional sandcastle mold. After the other cousins came back from their beach walk to Kure Beach's fishing pier, a gigantic "sand alligator" greeted them in the sand. Our youngest cousins, Anna and Laurel (pictured), squealed with delight at their encounter with the sand alligator.

After visits to Kure Beach's Aquarium and Fort Fisher, all of the younger cousins agreed that Daniel and Marc's sand alligator was one of the highlights of their vacation at Kure Beach.

Ann Doby Mercer, Hamlet, Pee Dee EMC



15: The classic mountains trip

It was the summer of 1960 when our family of four headed for the North Carolina mountains on a two-day vacation, picking up Aunt Liz and Mama Owen along the way. We drove toward Boone then south to Tweetsie Railroad, Mystery Hill, Blowing Rock, Grandfather Mountain and the original swinging bridge, which lived up to its name back then and really rocked!

We followed the Blue Ridge Parkway, with its scenic overlooks and picnic tables, and took side trips to Linville Falls, Linville Caverns and Mt. Mitchell. Along the way, we waded in cold mountain streams, visited gristmills and ponds, stopped by roadside apple stands and souvenir shops.

Late that first day we pulled into Lake Junaluska only to be greeted by "No Vacancy" signs. Long past bedtime, Daddy found lodging in a hut nestled in the hills. The next day we visited Maggie Valley, Cherokee, Great Smoky Mountains National Park, Clingman's Dome, Chimney Rock Park, Hickory Nut Gorge and Lake Lure.

Last stop: Ellenboro and a visit to Mama Owen's homeplace. Vacation was over and it was time for the long drive home, dog-tired but filled with memories to last a lifetime.

LaJeanne Owen Pierce, Siler City, Randolph EMC

16: Vistas conquer all fears

In July 1998, our family of five children, two of whom are now full-time North Carolina residents, and six grandchildren were vacationing near Cape Hatteras. All of us dearly wished to visit this famous lighthouse. However, there were several limiting considerations: our oldest son, Sean, is both blind and a double amputee. He was still adjusting to two new prostheses. All were concerned about him being physically able to make the climb. He so badly wanted to.

Determined, Sean set his heart. Tony, our youngest son, a graduate of Duke, Yale and UNC, loves lighthouses, but has had a lifelong, gut-gripping fear of high places. Frozen at the thought, he was loathe to accompany us. Approaching the lighthouse door, palms sweating and seeing his eldest brother begin the ascent, Tony shouted, "If he can do it, I can!"

Together, words of encouragement echoing off the solid stone cylinder, we spiraled to the top. Greeted with a spectacularly clear, unending view of ocean, sky and island, Sean had mastered the climb and Tony had delightfully overcome his acrophobia. Broad smiles attested to the joy all experienced with these unmatched vistas. 📍

Judy Armento, Cape Carteret, Carteret-Craven Electric

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June 2008

Wedding Stories

Your favorite wedding story and photo.

Deadline: April 15

July 2008

My Favorite Car

Stories and photos of the best car you ever had.

Deadline: May 15

August 2008

If Students Ran the School

For students: How would you run your school?

Deadline: June 15

September 2008

My Favorite Photo

Our annual photo gallery of N.C. people and places.

Deadline: July 15

October 2008

Celebrity Presidents

What celebrity—human or cartoon—would make the best President, & why?

Deadline: August 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
E-mail: finer@carolinacountry.com Online: www.carolinacountry.com

HEALTHNEWS

Surgery Can't Fix Dark Circles!

Finally, researchers have developed the first product to combine a clinically proven compound to reduce those dark under-eye circles and simultaneously reduce fine lines and wrinkles, resulting in noticeably younger looking eyes.

—By Sarah Tucker

I can't tell you how often I'm told that I look tired because of the dark circles under my eyes. I guess some people don't realize how embarrassing this is...I have been plagued with dark circles since my early 20s! But finally I don't have to worry about them anymore since I found Hydrolyze.

Solves Two Beauty Problems At Once!

Hydrolyze was created by one of America's premier anti-aging skin care companies. They have succeeded at creating the first intensive eye cream to effectively combat not one but TWO of the most aggravating beauty problems... under-eye dark circles and wrinkles.

Hydrolyze [®] Under-Eye Treatment [®] Combats Twice As Many Beauty Problems Than The Leading Eye Creams			
BENEFITS	Hydrolyze	Hylexin [™] **	StriVectin-SD [®] ***
HELPS DIMINISH DARK CIRCLES	✓	✓	
REDUCES WRINKLES	✓		✓

Contains Haloxyl[™] AND Matrixyl[™] 3000[†]

Hydrolyze works so well at making your eyes look younger and brighter because it combines the most effective leading ingredient for reducing serious dark circles and bags, Haloxyl[™], with Matrixyl[™] 3000[†], the most advanced anti-wrinkle ingredient known to science, proven to reduce visible deep wrinkles by up to 68%. You can't help but see and feel a noticeable difference after just a few weeks.

Why Dark Circles Form In The First Place

Despite what most people think, deep, dark circles under your eyes are not primarily caused by being tired or stressed. Instead, dermatologists and plastic surgeons agree that dark circles are caused by capillaries that leak blood close to the skin's surface. When this blood begins to oxidize it turns a bluish red color, similar to an ugly bruise. And since the skin under the eyes is very thin, this leads to the appearance of those embarrassing bags and dark circles. The more transparent your skin and the more blood that pools under it, the darker the circles appear. And what's worse, this discoloration over time can become permanent!

Helps Reduce & Prevent Dark Circles

In scientific studies, Hydrolyze's main active ingredient, Haloxyl[™], has been shown to help reduce the leaked blood under the skin (or "hemoglobin degradation by-products" as the plastic surgeons say) by using a series of natural enzymes that break down the blood and cause the dark circles to fade. In fact, Haloxyl[™] is so effective because it actually helps strengthen the capillaries to help prevent them from leaking in the first place.

Need Proof?

In a double-blind clinical trial more than 72% of women who had serious dark circles and used Haloxyl[™] saw an obvious visible reduction in the dark color under their eyes. These findings were confirmed using high-speed laboratory photography that clearly showed a significant reduction in the appearance of the blue and red color that make up dark eye circles.



With Matrixyl[™] 3000[†], The Most Advanced Wrinkle Reducer Known To Science

Hydrolyze is so effective at making your eyes look so much younger because it also includes one of the most effective wrinkle reducing compounds ever produced, Matrixyl[™] 3000[†]. Due to its advanced wrinkle fighting technology, this clinically proven compound actually stimulates collagen production to help reduce the appearance of visible deep wrinkles by 68% and increase the firmness of your skin after only two months. All natural Hydrolyze was designed to be safe and gentle enough for everyday use.



"The skin around the eyes is thin, and thus susceptible to dark circles. Surgery can not eliminate dark circles. Hydrolyze not only reduces the appearance of dark circles and bags but also helps prevent them."

—Dr. Michael Fiorillo is a world renowned board certified plastic and reconstructive surgeon.

Having A Hard Time Finding Hydrolyze[®] Under Eye Treatment[®]?

Until now Hydrolyze has only been available through plastic surgeons' offices in New York and Beverly Hills. But now you can experience first hand the unique results of Hydrolyze in combating both dark circles and wrinkles without a visit to a doctor.



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Call 888-347-5301 to get your Hydrolyze[®] Under Eye Treatment[®] 30-Day Risk Free Trial Today!

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How Hydrolyze[®] Under Eye Treatment[®] Reduces Dark Circles



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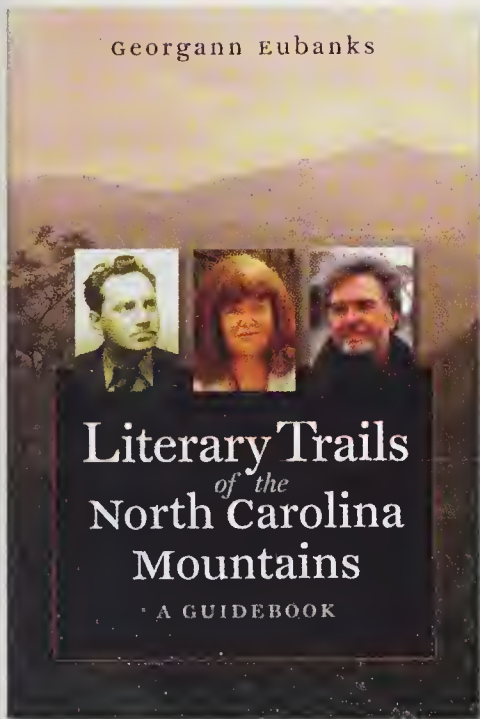
New guidebooks point travelers

to North Carolina cultural and agricultural destinations

North Carolina's diverse culture has inspired many distinctive guidebooks, including "Blue Ridge Music Trails," "Farms, Gardens and Countryside Trails of Western North Carolina," "Cherokee Heritage Trails Guidebook," and "Craft Heritage Trails of North Carolina." The new books below provide travelers with two more options for experiencing cultural landscapes.

—Karen Olson House

"Literary Trails of the North Carolina Mountains: A Guidebook"



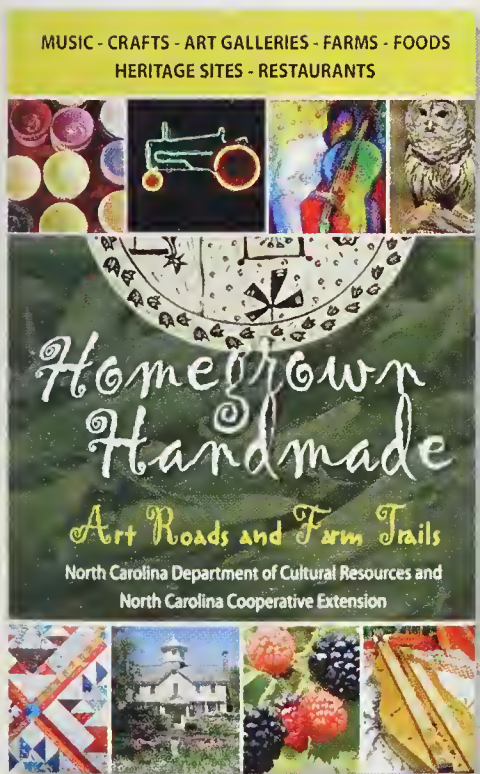
For a state so grounded in heritage it's not surprising that North Carolina's native and visiting writers historically have been a talented bunch, all relaying their stories in ways as varied as our geography. "Literary Trails" links the lives of 170 of North Carolina's visiting and native writers with mountain region destinations. The North Carolina Arts Council commissioned Georgann Eubanks to research and write "Literary Trails." Her book is the first of three regional volumes. The next two books will cover the western Piedmont and eastern regions of North Carolina.

The "Mountains" guidebook includes 18 half-day and one-day tours, organized geographically. They take travelers through the landscapes of Sequoyah, Thomas Wolfe, Kathryn Stripling Byer, Kay Hooper, Robert Morgan, and Wilma Dykeman, among others.

Glimpses into literary history include the William Bartram Trail followed by Inman, the protagonist of Charles Frazier's novel "Cold Mountain;" the little town of Celo, where novelist Anne Tyler spent some of her childhood; and Blowing Rock, where a stop at Sonny's Grill affords a chance to try fried liver-mush—favored by a parishioner in Jan Karon's "Mitford" series. Tours include maps, driving directions, and 103 color illustrations, along with area libraries, museums, colleges and bookstores. The book's companion Web site is www.ncliterarytrails.org.

"Literary Trails" is published by the University of North Carolina Press in Chapel Hill. Softcover, 426 pages, \$18.95. (800) 848-6224 or www.uncpress.unc.edu.

"Homegrown/Handmade: Art Roads and Farm Trails"



This insider's guide to 72 Piedmont and eastern North Carolina counties blends genuine agricultural and arts experiences with interesting sites and people.

The self-directed driving tours cover 16 regions and include color photographs of art galleries, artists' studios, performing arts, hands-on farm experiences, you-pick organic produce, favorite restaurants, festivals, music, crafts, farmers' markets, specialty shops, wineries, museums, historic houses and picturesque bed-and-breakfast inns.

Diverse destinations include funky Moring Arts Center in Asheboro, Jackson Brothers farm near Sanford, Fickle Creek Farm Bed & Breakfast in Efland, Peoples General Store in Halifax, Jones Nursery in Advance, Craftibarb in Sanford, Pocosin's

Art's Steamed Blue To Red-Hot Crab Dinner and Auction in Columbia, Martin Orchard & Vineyards on Knotts Island, Clay Gardens Pottery Studio in Elizabeth City, and Brady C. Jefcoat Museum of Americana in Murfreesboro (where you can see a dog-powered washing machine).

The North Carolina Department of Cultural Resources and the North Carolina Cooperative Extension teamed up with community leaders to make the book. The book's companion Web site is www.homegrownhandmade.com.

"Homegrown/Handmade: Art Roads and Farm Trails" is published by John F. Blair in Winston Salem. Softcover, 304 pages, \$19.95. The book isn't available until May but can be ordered now. (800) 222-9796 or www.blairpub.com.

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Our Heritage Preserved sells reclaimed heart of pine raw materials from North Carolina's backyard. The family-owned company salvages and preserves longleaf pine lumber from mills, tobacco barns and other sites. Our Heritage specializes in ¾-inch tongue and groove reclaimed antique plank flooring, which includes heart of pine, oak and chestnut, and also sells "old growth" hardwoods such as walnut, ash, hickory, hard maple, cherry and red/white oak. The company, based in Maury and a member of Pitt & Greene EMC, does custom work and sells moldings, wall paneling, wainscoting, ceiling, stair treads and a wide variety of period architectural elements salvaged from condemned aged homes.

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Sunflower Soap

Located in Boone, the company's products include old-fashioned lye soap made from animal fat, men's fragrance soaps, a pine-scented Mechanics Bar and a lemon-scented insect repellent bar. Sunflower Soap also sells a variety of fragrant soaps for general use, including lavender-oatmeal and round apple and orange slices. One of the newest products is homemade, fragrance-free laundry soap for folks sensitive to chemical detergents. The lavender shampoo bar for hair is 4.5 ounces and sells for \$4.95. The lavender shaving soap is 4 ounces and costs \$3.99.

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Coastal Birding Trail Guide

The NC Birding Trail is a driving trail connecting good birding spots across the state. This 172-page guide highlights the 102 sites along the coastal plain region of the Trail (areas east of Interstate 95) and features maps, detailed site descriptions and color photos. Each site description includes directions, access information, focal species, habitat listings and on-site visitor amenities.

Sites are organized within geographic groupings such as Western Coastal Plain and New Hanover. Sites include the Rachel Carson National Estuarine Research Reserve in Beaufort, Contentnea Creek Paddle Trail in Greene County and Mill Creek Paddle Trail in Perquimans County. "While You're In The Area" listings at the end of each grouping provide additional visitor opportunities.

The guide is spiral bound, with 173 pages and 176 photographs. You can also download maps and site info at the book's companion Web site, which is www.ncbirdingtrail.org.

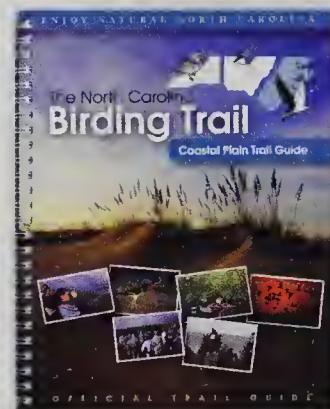
The NC Birding Trail's mission is to conserve and enhance the state's bird habitat by promoting sustainable bird watching activities, economic opportunities and conservation education. Similar guides to the piedmont and mountain regions are planned for 2008 and 2009. To help support the production of the other guides, the coastal guide is being sold at discount for \$10 through the NC Wildlife Resources Commission's Wild Store. Anyone wishing to resell the Birding Trail guides must order through the University of North Carolina Press in Chapel Hill, which suggests a retail price of \$18.95.

(866) 945-3746

www.ncwildlife.org

800-848-6224

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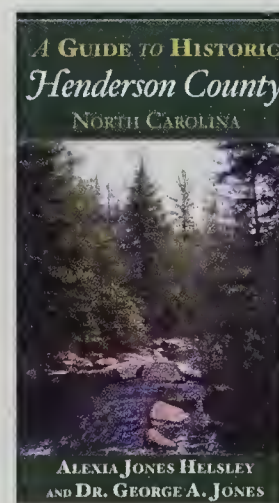


Historic Henderson County

Nestled in the mountains of southwestern North Carolina, Henderson County has historically enjoyed abundant natural resources and a history of hardy pioneers. "A Guide to Historic Henderson County, North Carolina" covers the mid-1800s to the present and outlines tours of historic highlights in Hendersonville, Flat Rock and Fletcher. Authors Alexia Jones Helsley and Dr. George A. Jones include a timeline of key events capturing the county's spirit and heritage and more than 150 photographs and illustrations of important sites such as churches, historic houses, cemeteries and inns. Chapters include "Birth of a County" and "The Aftermath of the Civil War." Topics include summer resorts, mining and the 1930s. Published by The History Press in Charleston, S.C. Softcover, 168 pages, \$19.99.

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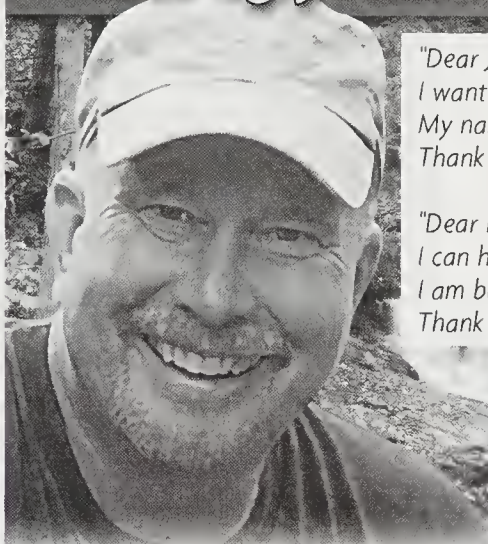
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Getting To Know...

Caleb Bradham

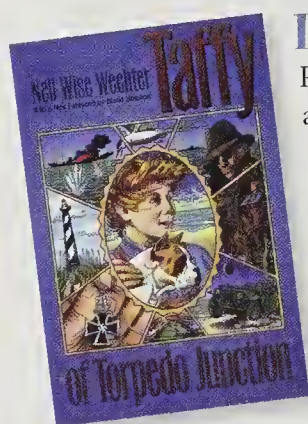
Born: Born in 1867 in Chinquapin, Duplin County

Known for: Pharmacist who invented Pepsi

Accomplishments: Caleb Bradham originally wished to be a doctor. He enrolled in 1886 at the University of North Carolina at Chapel Hill, and later studied at the University of Maryland. But funds ran out after his father declared bankruptcy, and Bradham left medical school. He later graduated as a pharmacist and opened Bradham's Pharmacy in downtown New Bern.

Bradham invented Pepsi-Cola because he wanted to keep patrons and believed it would improve their health. He hauled ingredients downstairs to cramped quarters where they were stirred and cooked in a large kettle. New Bern residents soon asked frequently for the bubbly mix of vanilla, rare oils and kola nut known as "Brad's Drink."

Bradham showed great business savvy, advertising his drink as "Exhilarating, Invigorating, Aids Digestion." At the peak of his success, Bradham had Pepsi-Cola franchises in more than 24 states. However, he was forced to declare bankruptcy in 1923, mostly due to the abrupt rise of sugar costs immediately following World War I. Bradham then returned to operating his drug store.



Do you know...

Peaceful Cape Hatteras National Seashore was once an arena of death and destruction during World War II? There, in the dark days of early 1942, German U-boats sunk more than 60 American vessels in just a six-month period.

The award-winning novel, "Taffy of Torpedo Junction," brings these dramatic events to life. The book tells the story of a courageous 13-year-old girl who, with the help of her pony and dog, exposes a ring of Nazi spies operating from a

secluded house on Hatteras Island during World War II.

The author, the late Nell Wise Wechter, was an Outer Banks native and respected historian. As a schoolteacher near Cape Hatteras, she could look out her classroom window to see ships being sunk by the Germans. Softcover, 151 pages, \$10.95. Published by University of North Carolina Press in Chapel Hill. (800) 848-6224 or www.uncpress.unc.edu.

Monkey Balls, Earthnuts & Goober Peas

Also called "peanut," this popular snack is not a nut at all but a legume. In recent years, the U.S. has been the leading exporter of peanuts worldwide. In the South, where most U.S. peanuts are grown, folks like 'em unshelled, green and boiled in brine.

The peanut shells are put to good use in the manufacture of plastic, wallboard, abrasives, fuel, cellulose (used in rayon and paper) and mucilage (glue).



WORKING RANCH HELPS RECOVERING TEENS

The Easy Does it Ranch's mission is to help both teenagers recovering from substance abuse problems and children aged 12-19 who have grown up in alcohol- and drug-addicted families. At the free summer camps, teenagers take on responsibility, learn leadership skills and learn the value of hard work, discipline and fun.

The teenagers groom, tack and untack, feed, care for and ride their assigned horses, do chores and prepare meals from an 1870-style chuck wagon, as well as attend 12-step meetings around a campfire. Easy Does It Ranch is based in Rocky Point, and camps are held in the southern Virginia foothills. Founder Bill White, a member of Four County Electric, hopes to one day build a permanent facility. Camp dates are June 15-21, June 22-28, July 20-26 and July 27-August 2. Call (910) 617-5603 or visit www.easydoesitranch.org to download an application.



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www.nps.gov/archive/caha/torpedo.htm

www.wikipedia.org/wiki/Peanut

classroom
chuckle

Teacher: In this box, I have a 10-foot snake.

Student: You can't fool me, Teacher. Snakes don't have feet.

Know of an unusual field trip?

A great recycling project for the classroom? Or perhaps you've read or heard about an interesting North Carolinian for our "Getting To Know" feature? Tell us! We want to hear your suggestions and comments. E-mail: editor@Carolinacountry.com or call (800) 662-8835, ext. 3036. Or write us at Carolina Country Tar Heel Lessons, P.O. Box 27306, Raleigh, N.C. 27611.



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YOU KNOW YOU'RE FROM

Carolina country if...

...you looked under *dried cow piles*
to find *bait for fishing.*

From Pauline Adcock, Monroe



From Ted Todd, Emerald Isle

- ... Your mama walked to church with all the kids, carrying one and dragging one by the hand.
- ... You had to split wood for mama's kitchen stove, and no matter how big a pile you split, it was never enough.
- ... You shot rats in the barn with a .22 in one hand and a dim old flashlight in the other.
- ... Your school bus driver was a high school kid, and when you got big enough, you got to be one.
- ... You waxed your car on Saturday, then spent that evening cruising Staley's Thruway shopping center and Putt-Putt in Winston-Salem, and once in a while made the run to Boar and Castle in Greensboro.
- ... On other Saturday nights, you went swimming with pretty girls at Crystal Lake on Reynolda Road (advertised "For the Better Class"), then on Sunday afternoon you went in the creek at the "red bridge" with the guys.
- ... You begged Vienna Recapping to patch and blow up old inner tubes then spent Sunday afternoon with the gang floating the Yadkin from Donnahna to the old 421 bridge.
- ... You would take a gang to movies at the Skyview Drive-In in the back of a pickup truck with a bunch of folding chairs and park backward in the space. It cost you \$1.

From Pamela Young Dees, formerly of Oteen (Buncombe County)

- ... You drank from a mountain woods stream, and your mother said, "Keep that up and you're bound to swallow a pollywog."
- ... You walked down to the filling station on the corner for your weekly treat in the summertime: a bottle of Cheerwine, a pack of cheese crackers and a candy necklace.
- ... For special occasions, you ate Silver Queen corn that you put up the summer before. Your grandmother knew just how to make it special.
- ... You played on the old iron washpot that was tipped upside down and pretended it was something from Mars.
- ... After supper in the summer, you played Rolley Bat with your dad and younger brother.

From Anne Wright Andrews, Avon

- ... You went to a Dixie Classics game.
- ... Your first ride was on the farm mule named Ol' Joe.
- ... On a summer night you would grab an old quilt and sleep on the porch swing.
- ... You know what it feels like to go down Slidin' Rock.
- ... You lived next door to the church and graveyard where most of the graves were family kin.
- ... You put crayfish from the creek in your bathtub.

From Faye Howerton, Creedmoor

- ... You'd go wild strawberry picking, come home and cap those small strawberries. Then for supper you would have strawberry cobbler cooked on a woodstove.

From Pauline Adcock, Monroe

- ... You'd be so tired after working in fields but perked up if you could ride the mule home.
- ... In winter you wore underwear made of "outing" material.
- ... You had scrambled eggs and brains on the day the hog was killed.
- ... You had a mess of wild onions in the spring.
- ... To lighten your hair you washed it in Octogen soap and dried it in the sunlight.
- ... Because city folks didn't tan, you wore long sleeves and a bonnet in the fields.
- ... You knew where all the good wild plum thickets and scaly bark trees were.

From Harold Lockamy

- ... You cut tobacco tar off your hands with a tomato.
- ... You remember how to grade tobacco.
- ... You know which tractor had a Select-o-Cruise transmission.
- ... You know what king syrup is.
- ... Your garden was bigger than your yard.

From Bob Poindexter, Franklin

- ... You rode down a steep pasture on a wooden wagon with wooden wheels sawed from a nice round tree.
- ... You fed corn to the chickens through cracks in the kitchen floor.
- ... You set out tobacco plants in the rain to keep from having to water them.
- ... You took eggs and butter to the store to trade for other groceries.
- ... Your mom often said, "You just wait 'til your daddy gets home."

From Michelle Lewis Williams, Browntown (Greene County)

- ... When you got bit your grandma would tell you to go bring her a "warnet" (walnut) from the tree to put on it.
- ... Your grandma made cold medicine from rock candy and stump hole liquor.
- ... You and your cousins hiked in the woods with your many dogs and came out Lord knows where. 🐾

If you know any that we haven't published, send them to:

E-mail: editor@carolinacountry.com

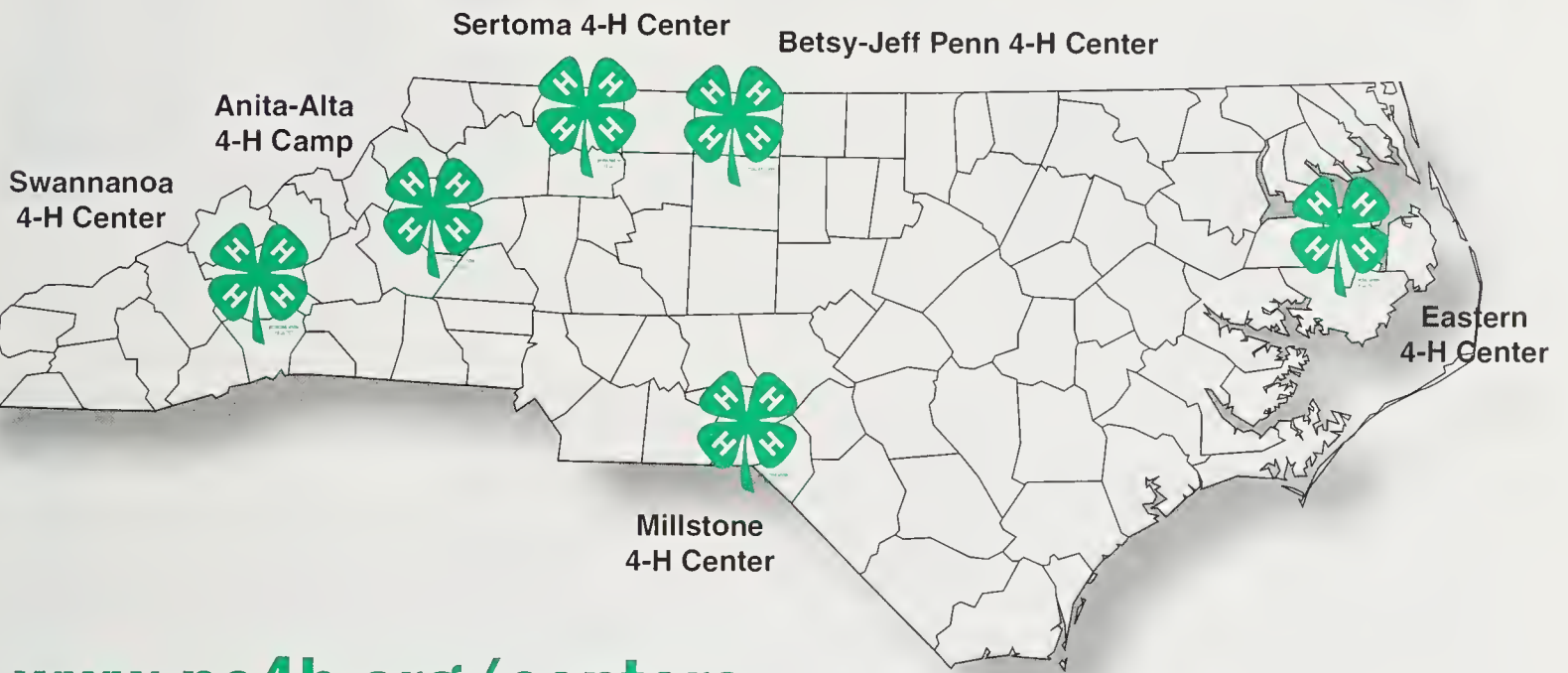
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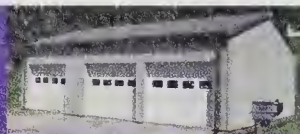
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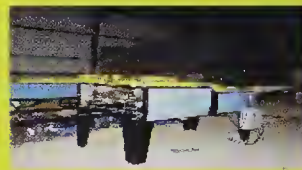
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7	8	9
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SOUTHERN exp^osure.....

“I Like Cheese”

This is what Lee Ann Woods’ mother tells telephone sales people. In “Up This Hill and Down,” Lee Ann’s delightful book published in 2000 by Bright Mountain Books of Asheville, she says this non sequitur works every time to get rid of unwanted phone callers. The book is a collection of stories and reminiscences Lee Ann first told over radio station WNCW in Spindale.

If the caller persists, Lee Ann’s mom persists. “Do you like cheese?” she asks. It doesn’t take long for the caller to hang up.

This lends itself to infinite variations. One of my favorites is, “Could you speak a little louder?” After this is repeated a few times the caller is yelling. Finally, he or she hangs up.

I like to vary my responses. “Who did you say is calling?” “Who do you want to speak to?” “My dog has fleas.” Or, “Do you know where Elvis was when he died?”

Your replies are limited only by your imagination. Sometimes it is almost a pleasure to get a phone call that interrupts my supper. Put on your thinking cap and come up with some responses of your own.

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(800) 838-3006
www.ncrenfaire.com

Illrd Tyme Out Concert

April 5, Troy
(704) 985-6987

Civil War Reenactment

April 5–6, Huntersville
(704) 875-2312
www.lattaplantation.org

Mommy, Me & Museum Make Three

April 8, Fayetteville
(910) 486-1330

"Cat On A Hot Tin Roof"

April 11, Smithfield
(919) 209-2099
www.johnstoncountync.org

ATV Drag Race

April 11–12, Oakboro
(704) 485-4906
www.hinsonauction.com

Krusin' Kenly

April 12, Kenly
(919) 284-5510
www.johnstoncountync.org

Work Horse & Mule Plow Day

April 12, Linden
(910) 897-3141
Selma Car Classic
April 12, Selma, (919) 965-3901
www.johnstoncountync.org

Spring Garden Tour

April 12–13, Chapel Hill
(919) 962-0522
www.chapelhillgardentour.net

Horse Show Series

April 12–13, Smithfield
(919) 934-1344
www.johnstoncountync.org

Friends of Music & Methodist U. Concert

April 15, Fayetteville
(910) 630-7100

Spring Plant Sale

April 16, Fayetteville
(910) 486-0221

"In The Mood:

1940's Musical Revue"
April 17, Winston-Salem
(336) 721-1945
www.ncarts.edu/performances

Piedmont Farm Tour

April 19–20, Orange, Chatham & Alamance counties
(919) 542-2402
www.carolinafarmstewards.org

Antique Festival & Gun & Knife Show

April 18–20, Oakboro
(704) 485-4906
www.hinsonauction.com

NC Gold Festival

April 18–19, Marion
(800) 959-9033
www.ncgold.org

Antique & Artisan Show

April 18–20, Spindale
(828) 286-3466
www.townofspindale.com

Herb & Plant Festival

April 19, Concord
(704) 920-3310

"The Male Intellect: An Oxymoron?"

April 19, Spindale
(828) 286-9990
www.foundationshows.org

MerleFest

April 24–27, Wilkesboro
(800) 343-7857
www.merlefest.org

"Midsummers Night Dream"

April 25, Spindale
(828) 286-9990
www.foundationshows.org

Bark in the Park

April 26, Chimney Rock Park
(800) 277-9611
www.chimneyrockpark.com

PIEDMONT

Cape Fear Botanical Garden

April 1–30, Fayetteville
Free month, (910) 486-0221
www.capefearbg.org

Joetta Clark Diggs/Speaker

April 2, Fayetteville
(910) 672-1474

Garden Club Tour

April 2, Southern Pines
(910) 695-0898
www.southernpinesgardenclub.com

"Rabbit Hole" Drama

April 3–20, Fayetteville
(910) 678-7186
www.gilberttheater.com

"Good Ol' Girls"

Musical Comedy
April 3–20, Fayetteville
(910) 323-4233
www.cfrt.org

"Chicago" Musical

April 4, Fayetteville
(910) 438-4100
www.crowncoliseum.com

The All Night Strut!

April 4–5, Fayetteville
(910) 672-1006

Country Music Showcase

April 4–5, Smithfield
(919) 209-2099
www.johnstoncountync.org

Carolina Chocolate

Drops Concert
April 5, Charlotte
(704) 563-7080
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MOUNTAINS

Street Dances

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www.historichendersonville.org

Farmers Market

Wednesdays, Fayetteville
(910) 893-8206
www.downtownfayettevillemarket.com

Phipps Store Music Jam

Friday nights, Lansing
(336) 384-2382
www.blueridgemusic.org

4th Friday Gallery Walks

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www.tcarts.org

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www.blowingrock.com

Spring Fest

April 12, West Jefferson
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www.averasboro.com

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Discover Latta Plantation
April 19, Huntersville
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www.lattaplantation.org

Friedberg Day of Yesteryear/Vehicle Show
April 19, Winston-Salem
(336) 764-0938

Herb and Plant Festival
April 19, Concord
(704) 920-3326

Garden Tour
April 19–20, Lexington
(336) 242-2080

Spring Kiln Opening
April 19–20, Seagrove
(336) 873-7304

Sundown in Downtown
April 24, Benson, (919) 894-3825
www.johnstoncountync.org

Championship Rodeo
April 25–26, Oakboro
(704) 485-4906
www.hinsonauction.com

Antique Tractor Show
April 25–27, Marshville
(704) 624-6105
www.rustypistonstractorshow.com

Fourth Friday Art Council
April 25, Fayetteville
(910) 323-1776
www.theartscouncil.com

Antiques Festival
April 25–26, Liberty
(336) 622-3040

Dogwood Festival
April 25–27, Fayetteville
(910) 323-1934
www.faydogwoodfestival.com

Cool Jazz Festival
April 26, Hillsborough
(919) 245-2660
www.co.orange.nc.us/recparks

Strawberry Festival
April 26, Cleveland Community
(919) 773-8448
www.johnstoncountync.org

Prokofiev, Stravinsky & Beethoven
April 26, Fayetteville
(910) 433-4690
www.fayettevillesymphony.org

Backcountry Carolina
April 26, Huntersville
(704) 875-2312
www.lattaplantation.org

Queen's Cup Steeplechase
April 26, Mineral Springs
(704) 843-7070
www.queenscup.org

Storytelling Festival
April 26–27, Laurinburg
(910) 291-0929

COAST

Antique Farm Equipment Day
April 2–3, Goldsboro
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www.oilslingers.com

Speaker's Series: Alexander Hamilton
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www.newbernhistorical.org

Jazz & Blues Fest
April 11–12, New Bern
(252) 633-1861
www.newbernjazzandbluesfest.com

Heritage Plant Sale
April 11–12, New Bern
(800) 767-1560
www.tryonpalace.org

Rocky Hock Opry
April 11–12, Edenton
(252) 221-4875

Garden Lover's Weekend
April 11–13, New Bern
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www.tryonpalace.org

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(252) 946-6208
www.theblindcenter.org

Home & Garden Tour
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April 20, Farmville
(252) 753-6725

Wine & Food Festival
April 24–27, Beaufort
(850) 668-2222
www.beaufortwineandfood.com

Haunted Evening
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www.newbernhistorical.org

Tarwheel Century Bicycle Race
April 26, Elizabeth City
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Kayakalon "Race for the River"
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Festival of Fun
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Flag Journey to North & South Pole
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(704) 568-1774
www.charlottesmuseum.org

Made in China
Through April 20, Charlotte
(704) 337-2000

Phantasmagoria: Specters of Absence
Through April 26, Charlotte
(704) 332-5535
www.mccollcenter.org

Call to Duty
Through April, Fort Bragg
(910) 432-3443
www.bragg.army.mil/18abn/museums.htm

ARTQUILTSculptures
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(919) 460-4963
www.artquiltersouth.org

Juried Exhibition
Through May 11, Fayetteville
(910) 485-5121
www.fayettevillemuseumart.org

White Light: Glass Compositions
Through May 25, Charlotte
(704) 337-2009

North Carolina in the American Revolution
Through June, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Vantage Point VIII: Jiha Moon
Through July 6, Charlotte
(704) 337-2000
www.themintmuseums.org

"Far From Home"
Through July 13, Raleigh
(919) 839-6262
www.ncartmuseum.org

Back By Popular Demand/ Favorite Artifacts
Through August, High Point
(336) 885-1859
www.highpointmuseum.org

COAST

"The Carl Billingsley Exhibition"
Through July, Wilmington
(910) 251-9296
www.pedestrianart.com

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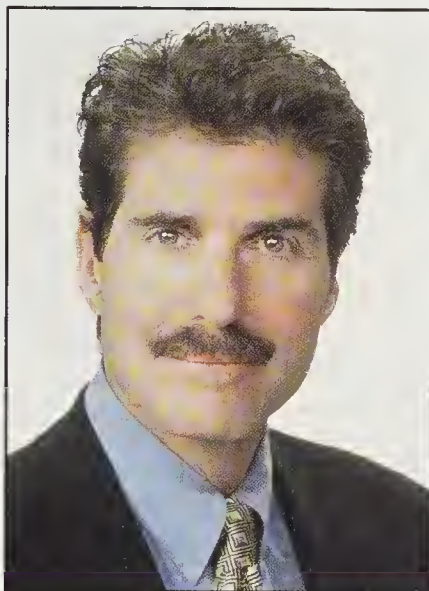
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Efficient options in outdoor security lighting

There are several options to consider if you are interested in outdoor security lighting. For one thing, outdoor lighting should be used in moderation. Besides tapping electricity, it creates problems for wildlife that navigate at night, disturbs a view of the night sky and may bother your neighbors.

Also, you should consider the on-time for your security lights. Obviously, the less time they are on, the less electricity you have to pay for.

Your electric cooperative is a good resource for outdoor lighting information in general.

The key to energy-efficient and environmentally friendly outdoor lighting is selecting the proper type of bulb, light fixture design and shortest "on" time period. Using just two 150-watt floodlights at night can increase your electric bills by up to \$100 per year.

In areas where you will not need the lighting for entertaining, you can install motion-sensing fixtures or add motion-sensing switches. You can find these at most home center stores. Motion-sensing lights greatly reduce the amount of "on" time and increase the bulb life. Since the light is not on when the intruder arrives, he would not know to avoid it until it switches on and thus may be caught in a lighted area. Better-quality models provide for adjustable distance sensitivity and "on" times.

For areas where you want the outdoor lighting for both security and entertaining, you can select fixtures that direct the lighting downward in the specific areas needed. This minimizes light pollution in the night sky and may allow you to use lower wattage bulbs to save electricity. Add-on shields are available for existing floodlights you already have. Other complete outdoor shielded fixtures, with a mirrored interior for efficiency, are available (www.theglarebuster.com).

Controls on lights are recommended and should be done correctly. Not all controls work with all types of lights. For example, motion-sensing controls don't work with lamps that use a ballast, such as high intensity discharge types (HID) that have a long start/warm-up period before light is optimized). Motion sensors work great with incandescent or flood lamps because of the instant on/off capability. The motion detector also limits the use of the old, inefficient style incandescent lamp and thus reduces the energy impact. Most new outdoor flood lights (attached to the house) combine a photo eye sensor and motion detector so they do not come on during the day. You can find a motion-sensing, dusk-to-dawn lamp, with two incandescent flood lamps. They go on only when you step outside at night and are timed to go off in five minutes if they do not detect any additional motion in that time.

You can use energy-saving fluorescent tubes and CFLs (compact fluorescent lights) in your outdoor lighting fix-




A tall die-cast metal landscaping light brightens a large area to double as a security light. The large diameter top limits light pollution of the night sky.

tures. Some may not operate well at very cold temperatures, so check with the lighting manufacturer before selecting them for cold climates. Fluorescent lights are four times more energy-efficient than standard incandescent bulbs and last 10 times longer. The light quality from the newer CFLs is similar to standard incandescent bulbs.

If you find a problem with CFLs outdoors during winter, you can use halogen bulbs. Although these are not as efficient as CFLs, they are still 15 percent more efficient than standard incandescent bulbs. Halogen bulbs produce a very white light. Halogen bulbs can get very hot, so pay attention to the maximum wattage allowed for each light fixture. Mercury vapor bulbs also produce a very pleasing light.

High pressure sodium (HPS) is an amber light source and offers a very good light output relative to the watts it consumes. This is the source seen in most parking lots and has decent color rendering.

Some of the newest fixtures use clusters of white LEDs (light-emitting diodes). These are solid state devices, not actual bulbs, which produce a white/bluish light. LEDs are extremely efficient and last a very long time, up to 100,000 hours. The brightness of the light output is limited, so they are best for lighting a specific small area. They are often installed in groups to light a larger area. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer efficient outdoor lighting:

Adjusta-Post (800) 321-2132
www.adjustapost.com

Energy Focus (800) 327-7877
www.energyfocusinc.com

Hadco, (800) 331-4185
www.hadcolighting.com

Idaho Wood, (800) 635-1100
www.idahowood.com

Kim Lighting, (626) 968-5666
www.kimlighting.com

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Year of the Eggplant

'Hansel', an early-maturing, small-fruited hybrid eggplant, won the All-America Selections vegetable award in 2008. A sturdy, compact plant (less than 3 feet), it is a natural for containers. The plant produces finger-length purple fruit in 55 days. If left on the plant, they continue to grow in size but remain tender and non-bitter. In AAS trials, 'Hansel' produced mature fruit about 10 days earlier than other eggplants.

Eggplants are heat-lovers, so don't rush to plant them in spring. Wait until soil has warmed to at least 60 F, with daytime temperatures above 70 F and nighttime temperatures above 45 F. To thrive, eggplants need full sun.

The National Garden Bureau has declared 2008 the Year of the Eggplant and offers a wealth of growing tips for many different varieties, including the classic 'Black Beauty' (80 days) and the hybrid 'Fairy Tale', a 2005 AAS winner that matures in 51 days. You can view NGB's eggplant-growing tips at www.ngb.org/gardening/fact_sheets.

AAS is a non-profit organization whose mission is to promote new garden seed varieties with superior garden performance judged in impartial trials in North America.

Wildflower of the Year

The North Carolina Botanical Garden has picked the white wood aster (*Eurybia divaricata*) as Wildflower of the Year for 2008. This low-maintenance perennial flower will brighten semi-shady spots in late summer. A profusion of 1-inch, white starry flowers are borne on wiry, black stems. White wood aster is a ground-hugger, usually under 2 feet, and its stems sprawl in zig-zagging fashion. Plant it where it can weave itself among other late-blooming shrubs and wildflowers. Its readiness to naturalize also makes it a good woodland groundcover. Well-drained, organically rich soil is ideal, but white wood aster will adapt to a range of environmental conditions.

To receive free seeds of white wood aster along with growing instructions, send a self-addressed, stamped envelope to: 2008 NCWFOY, North Carolina Botanical Garden, CB 3375 Totten Center, UNC-CH, Chapel Hill, NC 27599-3375. The Botanical Garden and the Garden Club of North Carolina Inc. are co-sponsors of the Wildflower of the Year program, now in its 26th year. The project's aim is to actively promote an attractive plant that is native to the southeastern United States.




Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.



Plant 'Hansel' eggplants in a pot in full sun, and you will have tender, finger-length purple fruit in 55 days.

Hort Shorts

- ▶ Patio cucumbers don't get as much press as patio tomatoes, but many dwarf and bush varieties grow and produce well in containers without staking. 'Spacemaster', 'Picklebush' and 'Bush Whopper II' are but a few varieties to look for. A 1-gallon container will comfortably accommodate one plant.
- ▶ Some annual flowers are hardy enough to withstand light frost. Get a jump on the season with petunias, stock, sweet alyssum and snapdragons.
- ▶ Many annual climbers, such as moonflower, morning glory, black-eyed Susan vine, vining nasturtium and scarlet runner bean, are a cinch to grow from seed and provide fast gratification as they ramble and bloom. To speed germination, nick the outer coating of moonflower and morning glory seeds with a knife or file and soak overnight. Sow directly into the ground.
- ▶ Tetanus bacteria lurk in garden soil—all it takes is a cut, scrape or splinter to invite infection. It's easy to avoid this potentially deadly disease: Make sure you are vaccinated at least every 10 years. 

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Shrimp 'n' Shells Salad

- 8 ounces uncooked small pasta shells
- 1 cup fat-free mayonnaise
- ¼ cup grated Parmesan cheese
- ¼ cup 1% buttermilk
- ⅓ cup finely chopped onion
- 2 tablespoons minced fresh parsley
- 1½ teaspoons minced fresh basil
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 pound cooked medium shrimp, peeled and deveined
- ¼ cup frozen peas, thawed
- ¼ cup diced pimientos
- 1 medium tomato, seeded and chopped
- 2 green onions, thinly sliced

Cook pasta according to package directions. Meanwhile, for dressing, combine the mayonnaise, Parmesan cheese, buttermilk, onion, parsley, basil, salt and pepper in a blender or food processor; cover and process until blended.

Drain pasta and rinse with cold water. In a large bowl, combine the pasta, shrimp, peas, pimientos, tomato and green onions. Add dressing and toss to coat. Cover and refrigerate until chilled.



Creamy Ham Turnovers

- 4 ounces reduced-fat cream cheese, softened
- 2 tablespoons fat-free milk
- 1 teaspoon dill weed
- 1 cup cubed fully cooked lean ham
- 2 tablespoons diced onion
- 1 celery rib, diced
- 2 tablespoons diced pimientos
- 1 tube (13.8 ounces) refrigerated pizza crust
- 1 egg white, beaten

In a large mixing bowl, beat cream cheese, milk and dill until blended. Stir in the ham, onion, celery and pimientos. Roll out pizza dough into a 12-by-10-inch rectangle; cut in half lengthwise and widthwise. Place on baking sheet coated with nonstick cooking spray.

Divide ham mixture evenly between the four rectangles. Fold opposite corners over ham mixture; pinch to seal. Brush with egg white. Bake at 400 degrees for 20–25 minutes or until golden brown.

Yield: 4 servings



Pineapple Breeze Torte

- 1 package (8 ounces) fat-free cream cheese
- 1 package (3 ounces) cream cheese, softened
- ⅓ cup sugar
- 2 teaspoons vanilla extract
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed
- 3 packages (3 ounces each) ladyfingers, split

Topping:

- ⅓ cup sugar
- 3 tablespoons cornstarch
- 1 can (20 ounces) unsweetened crushed pineapple, undrained

In a mixing bowl, beat the cream cheeses, sugar and vanilla until smooth. Fold in whipped topping. Arrange ladyfingers on the bottom and around the edge of an ungreased 9-inch springform pan.

Spread bottom layer with half of cream cheese mixture. Top with remaining ladyfingers (ladyfingers may overlap); spread with remaining filling. Cover and chill.

In a small saucepan, combine sugar and cornstarch. Stir in pineapple. Bring to boil over medium heat, stirring constantly. Cook and stir for 1–2 minutes or until thickened. Cool to room temperature; gently spread over torte. Cover and refrigerate for at least 4 hours or until set. Remove sides of pan.

Yield: 12 servings

Winning reader recipe

Cream Caramel Cake

Cream Cake Layer

- 2 sticks of butter
- 3 cups granulated sugar
- 6 eggs
- 2⅓ cups all purpose flour
- ¼ teaspoon baking soda
- 1 teaspoon salt
- 1 carton (8-ounce) sour cream
- 1 tablespoon vanilla extract

Caramel Frosting

- ½ pound butter
- 2 cups light brown sugar
- ½ cup evaporated milk
- ½ teaspoon vanilla extract
- 4 cups confectioners' sugar

Cake layers: Preheat oven to 350 degrees. Cream butter and sugar until fluffy. Add eggs one at a time. Sift flour, soda and salt together; alternating add flour and sour cream to butter mixture. Add vanilla and mix.

Pour mixture into three 9-inch greased pans. Bake for 25–35 minutes. Test for doneness. Remove from oven and cool completely.

Frosting: Melt butter, add brown sugar and milk. Cook 2 minutes over medium heat stirring constantly. Remove from heat; add vanilla and pour over confectioners' sugar. Beat until smooth. Let cool slightly. Frost layers.

Doris Burroughs of Tri-County in Mount Olive will receive \$25 for submitting this recipe.

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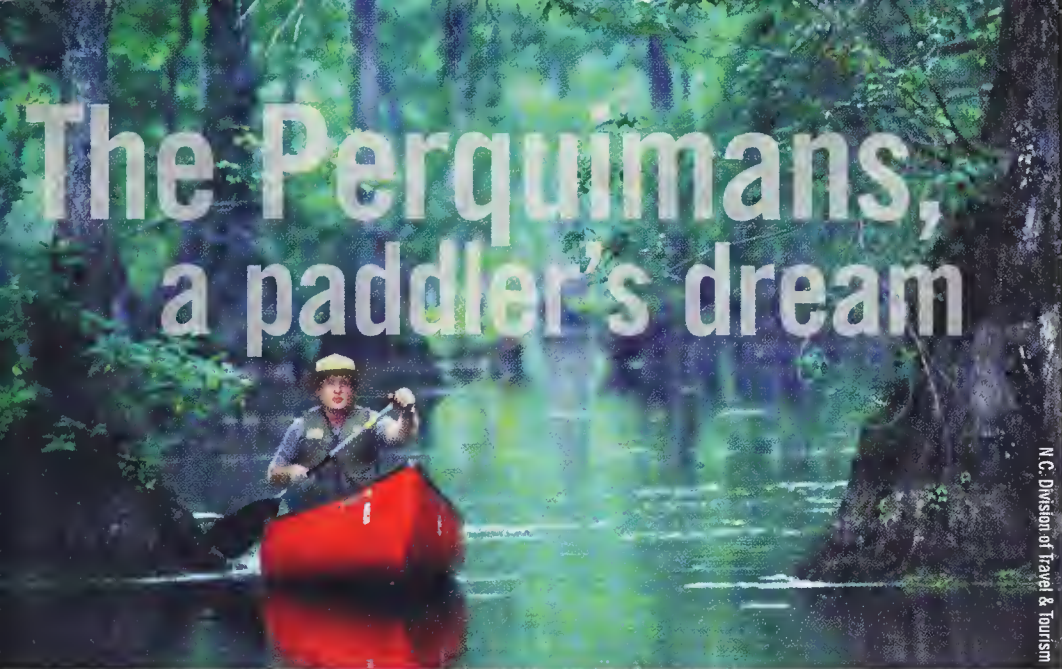
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The Perquimans, a paddler's dream

By Joe Zentner

Many outdoors-minded people believe that northeastern North Carolina has it all. Anglers and boaters think they're in paradise, while persons seeking quiet cannot believe their good fortune.

Rising from what was once a corner of the Great Dismal Swamp, the Perquimans River meanders some 30 miles before meeting Albemarle Sound. Its upper reaches are narrow, deep and winding. So winding, in fact, that the town of Hertford sits on a peninsula bounded on three sides by the river. Below Hertford the river widens and flows 12 miles until it reaches the sound.

Tea-colored creeks feed the Perquimans, their waters stained by tannins leached from cypress and juniper. Shaded by red maple and bald cypress, the creeks are home to migratory fish.

Each spring, herring and shad swim in from the sea and lay their eggs in the quiet waters of tributary creeks. Here their young are nurtured. The river also has permanent residents, including perch, catfish, flounder and bass.

Wind governs the depth of the Perquimans. When north winds blow, the river falls. Conversely, when winds blow from the south, Albemarle Sound waters invade the river, increasing its salinity.

History

Perquimans, meaning "Land of Beautiful Women," was named by the area's earliest inhabitants, the Yeopim Indians, a branch of the Algonquins. White settlers eventually displaced the Algonquins. In 1661, Kilcoganen, chief of the Yeopims, deeded to George Durant the land known today as

Durants Neck. This was the first deed recorded in North Carolina.

Before long, permanent settlement began. Early colonists found a forbidding terrain crisscrossed by streams. Because roads were difficult to maintain, the river became a thoroughfare, bustling with canoes, rowboats and sloops.

Fertile soil fostered family farming. Indian corn fed people and livestock. By 1770, much of that corn was being exported, along with livestock and shingles.

Ferry service linked communities, but after ferry-goers repeatedly complained of delays, a bridge across the Perquimans was built in 1798. Some 20 feet wide and floating on empty barrels, the privately owned drawbridge was eventually purchased by the county, after which tolls for North Carolina residents were abolished.


A hundred years later, after high waters dislodged the old bridge, a new one was christened. No one was permitted to ride a horse on it faster than a walk. The bridge eventually was sold at auction. In 1928 the current concrete and steel bridge was constructed.

During the Civil War, Union troops sailed up the Perquimans, destroying bridges in an effort to stem the flow of smuggled goods to Lee's army in Virginia. The town of Hertford remained unscathed, though one plantation on the river was pillaged.

After the railroad arrived in the 1880s, lumber companies appeared on the scene. By 1920 forested land in the county had been considerably reduced. A half-century later, large areas were drained for agriculture.

Congress may designate the Perquimans a National Wild and Scenic River, which would help preserve its wildlife and natural recreational attributes.

Every season in Perquimans country offers a different wilderness experience. Huge trees provide a natural canopy and air conditioning for summertime visitors. After the leaves fall, there is an amazing openness.

The Perquimans is still largely undiscovered, so don't be surprised if you're the only boat on the water. No matter when you visit, you are sure to be inspired by the subtle, yet stirring beauty all around. 

Joe Zentner of Cary is a travel writer/photographer who seeks out unique wilderness experiences.



Joe Zentner



A Blue Ridge Parkway tour

Text by Steve Row, Photos courtesy of NC Division of Tourism

Mother Nature rules the territory called the “High Country” of western North Carolina, between Asheville and Boone. From Mount Mitchell and Craggy Gardens on the south to Grandfather Mountain and Blowing Rock on the north, this 100-mile stretch of the Blue Ridge Parkway, nearly all in Pisgah National Forest, provides almost unequaled visual thrills.

To really appreciate this area, however, you often must leave the car. Some of the loveliest scenic attractions can be viewed only after a walk (some might say hike), often strenuous, and often taking at least a half-hour.

A good base from which to travel up and down the parkway could be Little Switzerland, or perhaps Spruce Pine. Tiny Little Switzerland, off Milepost (MP) 334, was so named because the setting reminded town founders of the Jura Mountains in Switzerland when they came to the area in the early years of the last century. Spruce Pine, off MP 331, is a charming little community whose entire downtown is on the National Register of Historic Places.

One day trip from Little Switzerland takes you north to the Linville Falls area, near MP 316, to see perhaps the most famous of the parkway waterfalls. Viewing spots are accessible by foot, and the walk is not too strenuous, though it's no easy stroll either. The walk also enables the visitor to see some of Linville Gorge, cut by the Linville River.

A bit further north is the Grandfather Mountain overlook, off MP 306. This mountain, among the oldest in the world, is the highest in the Blue Ridge, at almost 6,000 feet, and MacRae Meadows at the base of the mountain is the site of a huge Scottish Games each July. The mountain itself is still in private ownership (an admission fee is charged), and you can get near the summit via a 218-foot-long “swinging” suspension bridge.

Farther north toward Boone, you should stop at the Moses H. Cone Memorial Park and manor house, Flat Top Manor, the former home of a North Carolina textile tycoon, near MP 294. The house is a visitor information center and Southern Highland Craft Guild gallery featuring regional arts and

crafts, a smaller version of the guild's gallery off Interstate 40 outside Asheville.

The famous Blowing Rock, where some say snow falls upward because of the strange air currents, is not far away, near MP 291 off U.S. 321 and 221, and the Tweetsie Railroad amusement park is between Blowing Rock and Boone.


Near MP 328 is The Orchard at Altapass, which marks its 100th year in 2008. The store has many food items (apple butter, jams, jellies, fudge), crafts, books, music and some great jigsaw puzzles for children.

The Museum of North Carolina Minerals, off the parkway at MP 331, explains how minerals are formed and what they are used for. Farther south off MP 339 you can walk to a second waterfall, the 70-foot Crabtree Falls, part of Crabtree Meadows Recreation Area. The loop to the falls and back (out one mile, about 30–45 minutes, and back 1.5 miles, another 45–60 minutes) is called strenuous, and portions are at least that.

Near MP 350, you can find an overlook to view Mount Mitchell, the tallest point east of the Mississippi River at nearly 6,700 feet, and near MP 355, you can exit the parkway and drive to Mount Mitchell. You can proceed to the summit via a strenuous hike, but a less rigorous self-guided nature trail of less than a mile also is available.

Near MP 364 is the Craggy Gardens visitor center and the starting point for a short trail that leads to a picnic area.

If you go

Enter the Blue Ridge Parkway at exit 53 off Interstate 40 east of Asheville, at MP 382 of the parkway. Little Switzerland is at MP 334 (48 miles north); Linville Falls is at MP 317 (65 miles); Grandfather Mountain is at MP 306 (76 miles). Reminder: the Blue Ridge Parkway speed limit is 45 miles per hour; it is slower in some areas. Parkway information: (828) 271-4779 or (828) 298-0398, or nps.gov/blri. Pisgah National Forest information: (828) 652-2144 or ncnatural.com/NCUSFS/Pisgah. 

Steve Row, a former Richmond (Va.) newspaper reporter and editor and Knoxville magazine editor, now lives in Greenville, N.C.

Above left: Horseback riding in Moses Cone Park near Blowing Rock.

Above middle: The century-old Orchard at Altapass features heritage apples and beautiful scenery.

Above right: Mount Mitchell is the highest peak (6,685 feet) in the eastern United States.

Elm Forest Retreat

Where natural surroundings can help you heal

Text and photos by Ruthy Pope

Most mornings you can find Douglass Waddell puttering around outside, either building something, fixing something or maintaining something. You might find his friend Miriam Lawson sitting on the front porch with a huge cup of hot tea in one hand and pen in the other, sketching out more things for Waddell to build.

This is Miriam Lawson's retreat, Elm Forest. Her dream for 30 years has been to build a place where people can come for natural healing of the body and the soul. In 2003 she bought 28 acres in Hoke County and moved there from Florida. The place is served by the Lumbee River EMC Touchstone Energy cooperative.

"I feel like I have a mission," she said, glancing around at the woodlands and the remnants of a 2½-acre pond that the drought took away this past summer. "I have been led to do this to share what I know about natural healing."

Miriam's goal is for the Elm Forest Retreat to be a place where people can come to detoxify their mind and body naturally—no prescriptions, no surgeries. She offers sessions on healthy eating, forming a healthy lifestyle and alternatives to regular medicine. Miriam has a naturopathic license, which means she's trained to explain to others how natural healing works.

She is a Reiki master and skilled in the use of quartz crystal singing bowls. Reiki is a form of spiritual healing that treats both mind and body by laying on hands. It is supposed to reduce stress and promote relaxation, which in turn aids healing. The bowls, on the other hand, are made to create a tone when tapped with a wooden stick. Each bowl makes a different sound, each geared to affect a specific part of our body.

She became interested in natural healing while living in Florida after she suffered severe side effects from medicine prescribed for pre-glaucoma. Now she's using herbs and her quartz bowls


to medicate her body. Miriam said her doctor in Charlotte doesn't see any need to keep her on the medication. She takes one blood pressure pill a day. "I didn't want to be medicated until I wasn't functional," she said. "What kind of life is that?"

Douglass Waddell, a master carpenter, has helped Miriam Lawson turn a small farmhouse on the property into a two-bedroom lodge for overnight visitors. He made a shed into a gallery that displays artwork from a few local artists. The gallery is rented out to groups for meetings. There is also a small library that holds health-related texts, magazines and newsletters. A craft workshop is under construction and there is a massage therapy room in the lodge. Eventually there will be a windmill and a greenhouse, too.

"Elm Forest is evolving, always changing," Miriam said. "I want people to come here and taste something new, more healthy."

Most of the 28 acres are covered in trees, and there's a five-acre field set aside as a bobwhite conservation area. They've made trails through the woods for hiking and bird watching. Natural clearings allow visitors to pitch a tent for the night. In the summer there's an herb garden next to the front porch and a straw bale garden in the back.

At the entrance to one of the trails is a labyrinth. It's very simple, with PVC pipe marking the path to the center where a Peace Pole stands. "May Peace Prevail on Earth" is inscribed on it. Miriam says the labyrinth is a spiritual tool she uses when she needs to focus on the journey rather than the goals, when she needs to be calm.

Visiting Elm Forest is free of charge, but call first: (910) 875-7807 or (910) 850-2416. 

Ruthy Pope is a 6th grade language arts teacher at Midway Middle School, near Spivey's Corner.



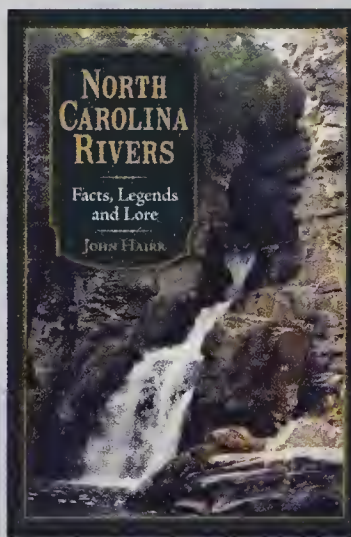
Elm Forest Retreat is Miriam Lawson's idea of offering Hoke County visitors a place to reflect.

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"North Carolina Rivers"

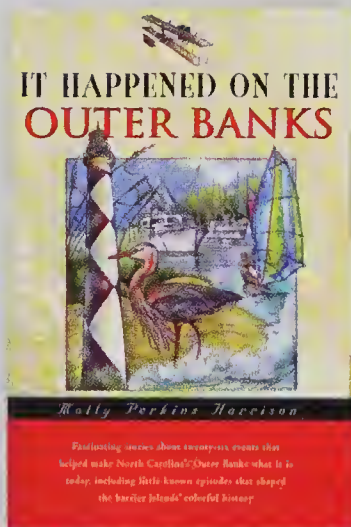
Blending narrative with historical detail, "North Carolina Rivers: Facts, Legends and Lore" guides readers along our state's rivers. Author John Hairr charts all waterways, including coastal waters of the Calabash and White Oak in the east and Lumber River (designated National Wild and Scenic). Piedmont rivers in the Pee Dee Basin include the Uwharrie and raging whitewater of the Nolichucky and French Broad in western North Carolina. Along the way, Hairr relates intriguing facts and stories about famous rivers like the New, Cape Fear, Roanoke and Neuse, as well as lesser-known rivers such as the Wiccanon, Flat and Smith. This natural history has more than 60 black and white photographs. Softcover, 160 pages, \$19.99. Published by The History Press in Charleston, S.C.

(866) 457-5971

www.historypress.net**"It Happened On The Outer Banks"**

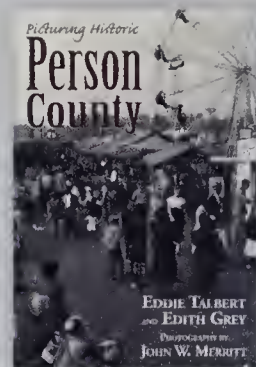
There's no doubt that the state's barrier islands have a colorful history. "It Happened On The Outer Banks" presents stories about 26 events that shaped the lives of residents. From a blundered Civil War battle on Hatteras Island to the saving of the Corolla wild horses, author Molly Perkins Harrison provides a unique look at interesting people and episodes. Readers discover how the weather affects the area's ever-changing geography, and learn about the harsh elements the Wright brothers endured during their flight experiments. One story ponders the still-unsolved mystery of what happened to the crew of the schooner Carroll A. Deering, found deserted on Diamond Shoals. Another details a ride with a young Alexander Hamilton on treacherous seas around Cape Hatteras. Another tells about a couple who survived Hurricane Isabel in 2003 by clinging to a treetop. Softcover, 148 pages, \$9.95. Published by Globe Pequot Press in Guilford, Conn.

(888) 249-7586

www.GlobePequot.com**"Picturing Historic Person County"**

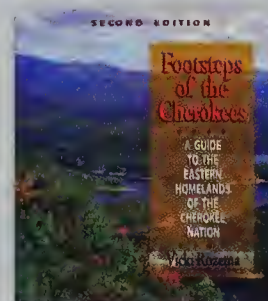
This historical perspective presents the photography of John Wesley Merritt, a lifelong Roxboro resident and shutter-bug, along with detailed essay captions by Eddie Talbert. Centered in the 1940s and 1950s, the book looks at life in the county through details Merritt captured on film—from downtown streets and shops to fields and farm stands. Photographs show a crowd of residents waiting for the opening of the Thomas & Oakley Drugstore, decorative murals and stage inside Kirby Theater, and other memorable places and events such as a freight train derailment at Longhurst, Gold Seal Dairy Foods, Hump's Grill and Triple Springs Swimming Pool. Softcover, 160 pages, \$19.99.

(866) 457-5971

www.historypress.net**"Footsteps of the Cherokees"**

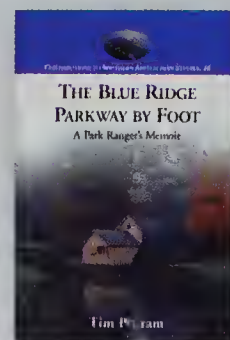
This new edition divides the Cherokee's eastern homeland into 19 geographical sections and explores historic sites in these areas. Author Vicki Rozema covers 190 Cherokee sites in five southeastern states—North Carolina, Tennessee, South Carolina, Georgia and Alabama as well as border areas of Kentucky and Virginia. The guide looks at sites where eastern Cherokees built their towns and held their councils, where they battled Americans, British and other Native Americans, where they went to school, where they signed treaties that ceded their land and where they were imprisoned before their forced migration on the Trail of Tears. Historical information, updated directions, hours of operation and contact information for each site is provided, along with more than 200 black and white photos. Softcover, 394 pages, \$21.95.

(800) 222-9796

www.blairpub.com**Recalling the Parkway, by foot**

This volume relates author Tim Pegram's backpacking trip along the 469-mile Blue Ridge Parkway. Beginning with his experience as a summer intern, he also covers the 12 years he spent working as a Parkway ranger and provides recollections and anecdotal history. Chapters in "The Blue Ridge Parkway By Foot" include "Ranger Bloopers," "Spooked" and "Beware of Dog." An appendix contains a chronological, mile-by-mile recreation of Pegram's trek, including names of all Parkway landmarks mentioned in the book. Published by McFarland in Jefferson. Softcover, 324 pages, \$29.95.

(800) 253-2187

www.McFarlandpub.com

Carolina country





20 CAROLINA COUNTRY ADVENTURES AHEAD



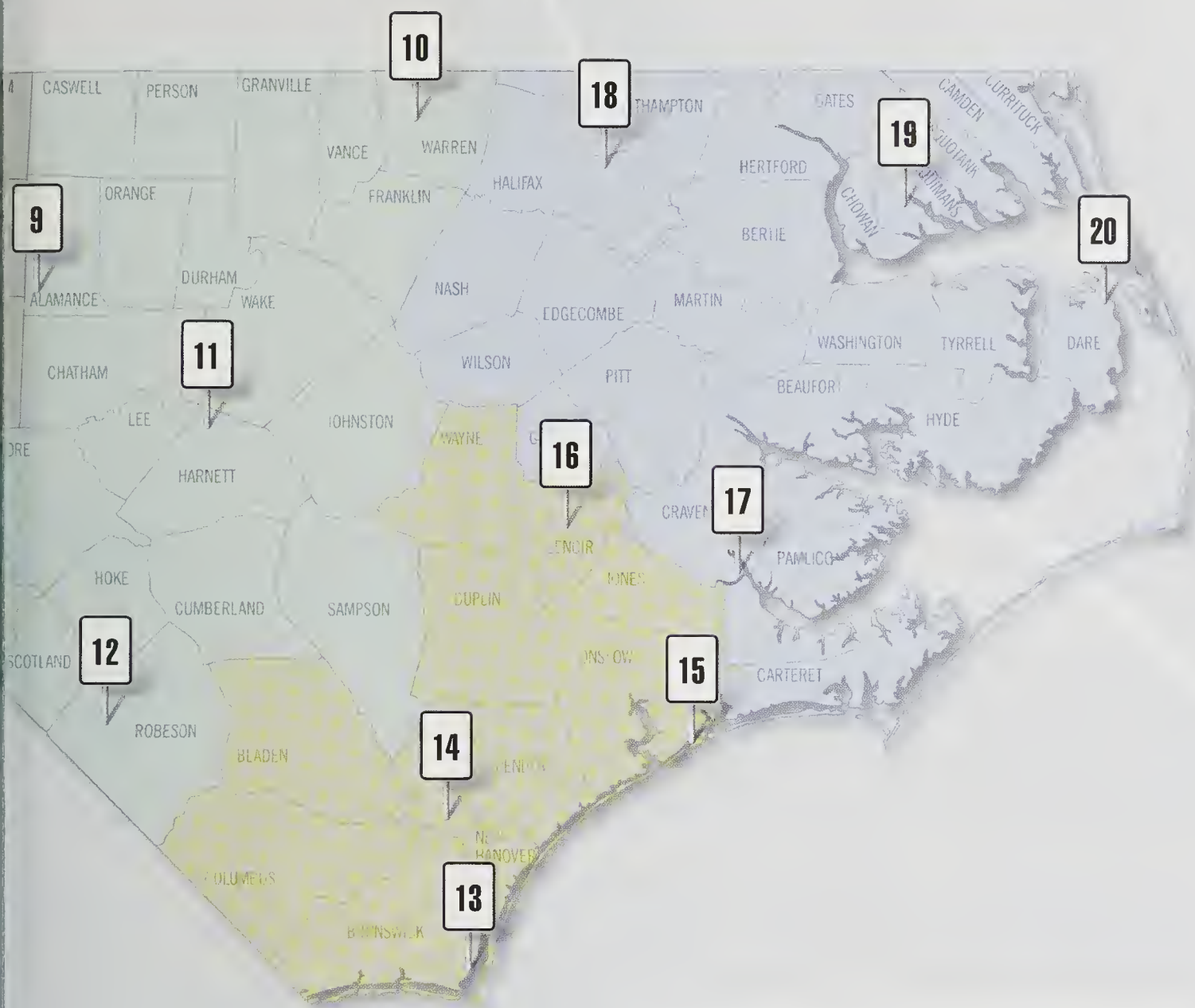
From one end to the other, North Carolina is about as diverse as any state in the nation. We've got hard gemstones in the west, soft crabs on the coast and red clay in the middle. The tobacco we grow in the mountains is different than what we grow in the east. What we live in, how we drive, what we eat and how we talk varies from one region to another.

Our annual Touchstone Energy Travel Guide encourages you to experience this variety firsthand.

This year we've collected the primary sources of general information about each of five regions (pages 79–82) and accompany them with a set of Carolina Country Adventures. Among the four adventures for each region are some well-known standbys and some not so familiar, some historical, some recreational, some just plain fun.

As you make your way through this guide, or through the countryside responsible for these adventures, you can be assured that a Touchstone Energy cooperative is nearby.

Thanks to everyone who helped us compile this guide, and to our sponsors: the cooperatives and the advertisers on pages 48 to 53.



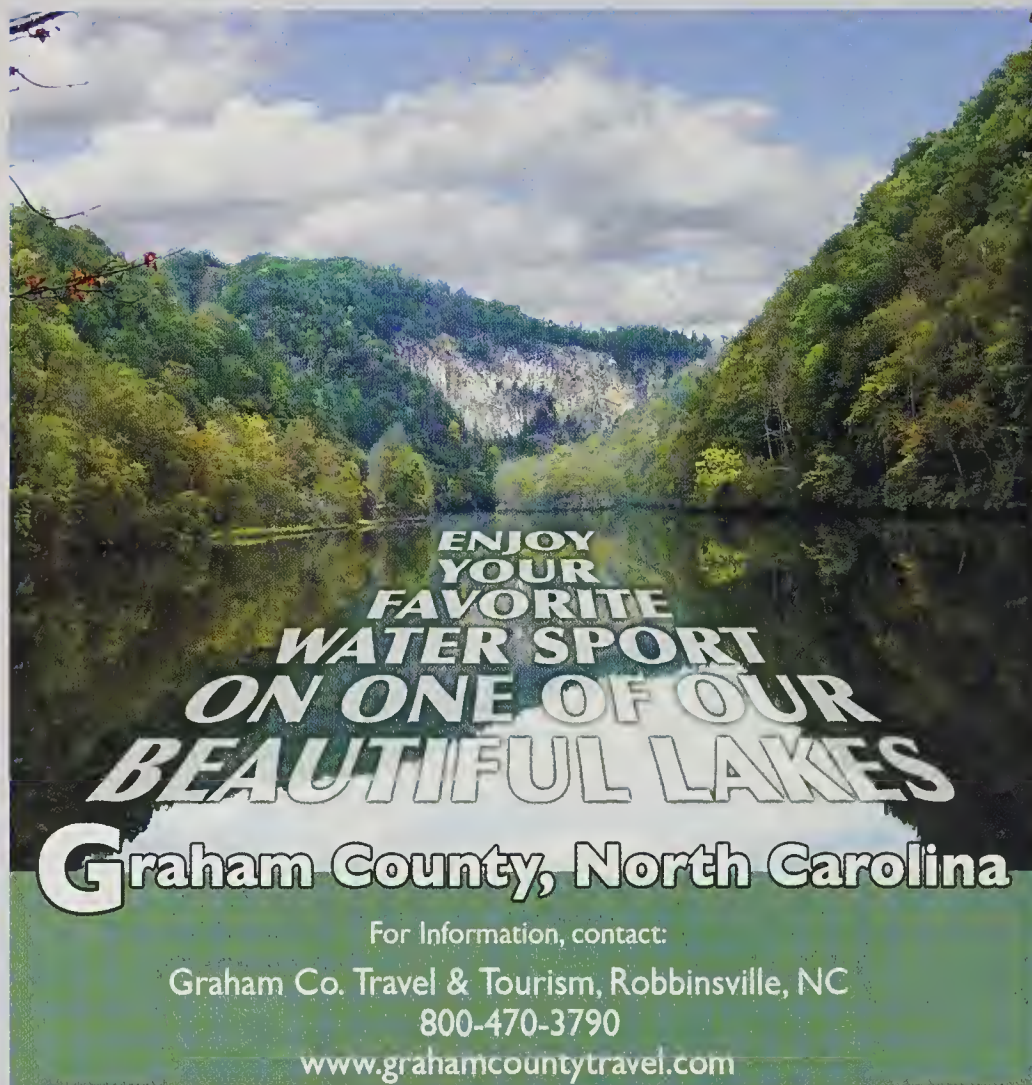
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This supplement to Carolina Country is brought to you by North Carolina's Touchstone Energy cooperatives, serving nearly 2 million people in 93 North Carolina counties. We bring the power of human connections to all regions of North Carolina. Touchstone Energy cooperatives nationwide are committed to integrity, accountability, innovation and community involvement.

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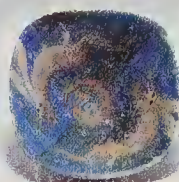
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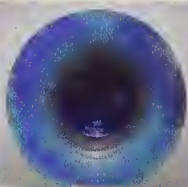
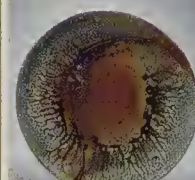
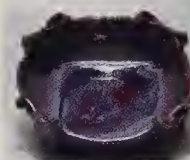
For complete information and maps:

www.sanfordpottery.com

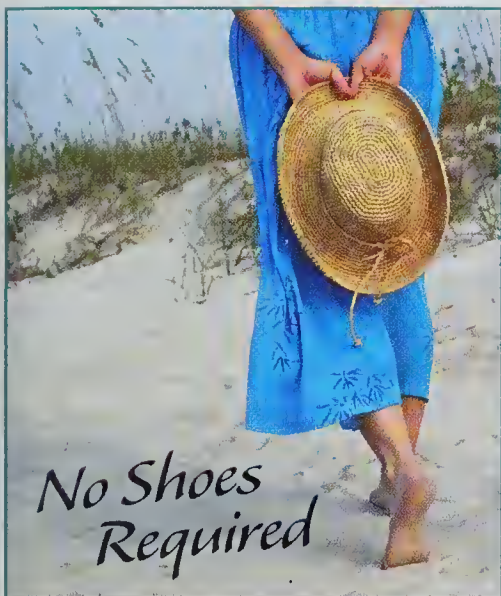
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Advertiser 21

Country Stores in North Carolina

by Tony Craig (with interviews of North Carolina residents)

Country Stores in North Carolina is an artist's photographic journey to capture the essence of these iconic establishments for future generations. In Tony Craig's new book he focuses his lens on over 75 stores found across the state of North Carolina, and includes recollections about them from many of the state's residents. Close-ups of intimate details both inside and out provide an even more thorough tribute to these structures, several of which have vanished since Tony discovered them.



APRIL, 2008 160 pages (approx), 10.5 x 8.5 inches, over 235 black & white and color tinted photographs. Hardbound with jacket.

"Country Stores in North Carolina" is a wonderful compilation of often long forgotten treasures from a time not too distant from our own. Tony Craig has masterfully captured the images as well as the feelings of these warm and wonderful old gathering places.
- Bob Timberlake, artist

Available at:
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Priddy's General Store
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and www.tonycraig.net
check website for additional locations and signings!

Advertiser 22

MOUNTAIN ADVENTURES



Towering peaks, lush valleys and postcard views are just around the bend in this culturally rich region. Old-time music, heritage arts and crafts, quaint inns, Appalachian cooking and pristine hiking trails are among its attractions. (For more information see our travel resources on page 79.)

1

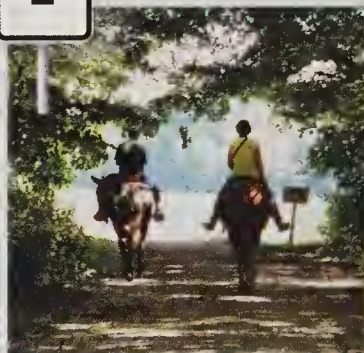
WHEELS THROUGH TIME



Discover nearly 300 vintage American-made motorcycles housed within this 40,000-square-foot museum in Maggie Valley. These are not dusty relics—they run.

2

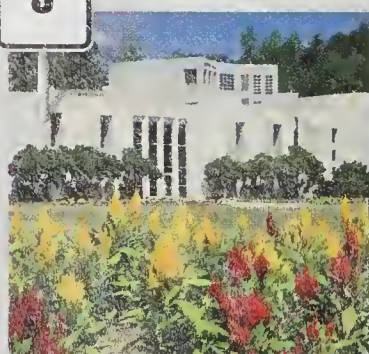
CONE & PRICE PARKS



The fun at two big Parkway parks includes horseback riding, fishing and exploring a textile king's estate.

3

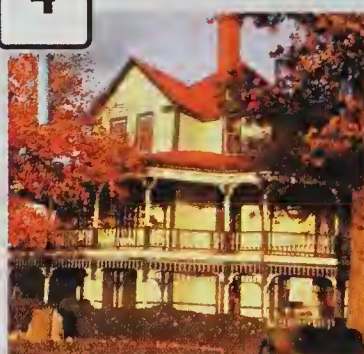
GARDEN OF THE SENSES



Experience a medley of gardens in Wilkesboro, including one specially designed for the visually impaired.

4

HIDDENITE CENTER



Find hidden treasure in an arts center that recreates a flashy gem trader's home and displays vintage dolls.

1 WHEELS THROUGH TIME MUSEUM

Haywood County

By Tara Verna

What's all American as apple pie, ear-splitting loud at close quarters, and might cause your grandmother to have a conniption if you got one? Motorcycles, of course. And you can find nearly 300 vintage American-made bikes housed within the 40,000-square-foot Wheels Through Time Museum in Maggie Valley—just don't tell grandma.

Fueled by a passion for these machines, curator Dale Walksler started the museum 16 years ago, going on to custom build a structure to house his precious collection of bikes and automobiles in Maggie Valley in 2002. His collection mostly pre-dates 1950, but does include some more modern examples. Motorcycles from 24 different brands and nine decades are represented—a historic, living collection of the culture and sport that has influenced our society for more than 100 years.

THE MUSEUM THAT RUNS

The displays are mostly grouped by time period, beginning with 1900–1928 when motorcycles emerged from a motor-powered bicycle to a more reliable form of sport and transportation. More than 30 pre-1916 models—in working order no less—grace the museum, lending credence to the museum's motto, "The Museum That Runs." Military bikes, racing bikes, hill climbing bikes, choppers, pre-war motorcycles and special prototypes—they're all here, along with more than 25,000 pieces of art and memorabilia.



The museum's Harley 45 Exhibit showcases these Harley-Davidson motorcycles with small displacement, lightweight v-twin engines. The machine was appropriately named after its 45-cubic-inch displacement.



The Wheels Through Time Museum features custom-built displays, including a hill climbing exhibit, seen in the background.

You'll find Steve McQueen's 1917 military motorcycle, and Evel Knievel's 1970 H-D jump bike, not to mention "Big, The World's Largest Motorcycle Chopper." Nearly 23 feet long and standing more than eight-and-a-half feet tall, it rides five people with ease. Powered by a 1,500-cc American V-Twin Motor, it was handcrafted by some of the top motorcycle builders in the country.

EXHIBITS ROAR TO LIFE

On a daily basis, Walksler fires up his bikes—these are not simply relics collecting dust. Nearly 99 percent of these rare, antique motorcycles run, thanks to Walksler himself, plus a few volunteers who keep these well-oiled machines humming along in a 1920s-era shop. The fact that these antique bikes can roar to life has even attracted movie producers—some most recently from the romantic comedy "Leatherheads," slated for release this month. The producers visited the museum to capture the roaring sound of an authentic 1920s-era motorcycle portrayed in the film—a sound not so easy to find.

The motorcycles come from all over—from just down the street, to as far away as New Zealand. Museum visitors hail from all over as well—in 2006 alone, the museum hosted guests from all 50 states and 42 countries.

Unfortunately, 2008 marks the last year that you'll be able to visit the Wheels Through Time Museum in its present location. The museum is relocating out of North Carolina so if you pay them a visit, be sure and arrive before its doors close on August 31, 2008.

The enthusiasm and passion of Dale Walksler and his all-volunteer staff is infectious. If you go, consider bringing grandma, too. 📞

Wheels Through Time Museum

62 Vintage Lane
Maggie Valley, NC 28751

(828) 926-6266

www.wheelsthroughtime.com

2 MOSES CONE & JULIAN PRICE PARKS

Watauga County

By Karen Olson House

The Moses Cone estate is the legacy of early textile entrepreneur Moses H. Cone, known as the “Denim King,” who bought 3,600 acres near Blowing Rock and built a premier country estate.

It was donated to the U.S. government in the late 1940s, and today visitors can enjoy its beautiful forests and meadows and see first-rate crafts. Flat Top Manor, once Cone’s summer home, houses a National Park Service information desk and the Parkway’s only official craft center, where artisans such as glass blowers and weavers demonstrate their skills.

Entering the manor, visitors see a grand staircase with a curving banister made from a single piece of cherry wood, then an arresting mix of contemporary and traditional mountain crafts for sale. The manor no longer has Cone furnishings, but rangers lead 30-minute weekend history tours (reservations only) on its second floor.

A few yards from the manor lies Craftsman’s Trail, a 20-minute loop that passes between white oaks and under red maple, black cherry and tulip poplar trees.

Moses Cone was a naturalist before the term became popular. He replaced any tree that was cut and planted extensive white pine forests. Perhaps the most appreciated aspect of his estate is the more than 25 miles of carriage roads for walking and horseback riding. Gently sloping roads reveal

Bass Lake, remains of apple orchards and the Cone cemetery. Visitors can bring horses or take rides through stables in Blowing Rock.

Estate admission is free. Trails are open year-round. The craft center’s dates of operation are typically from mid-March through October or November.

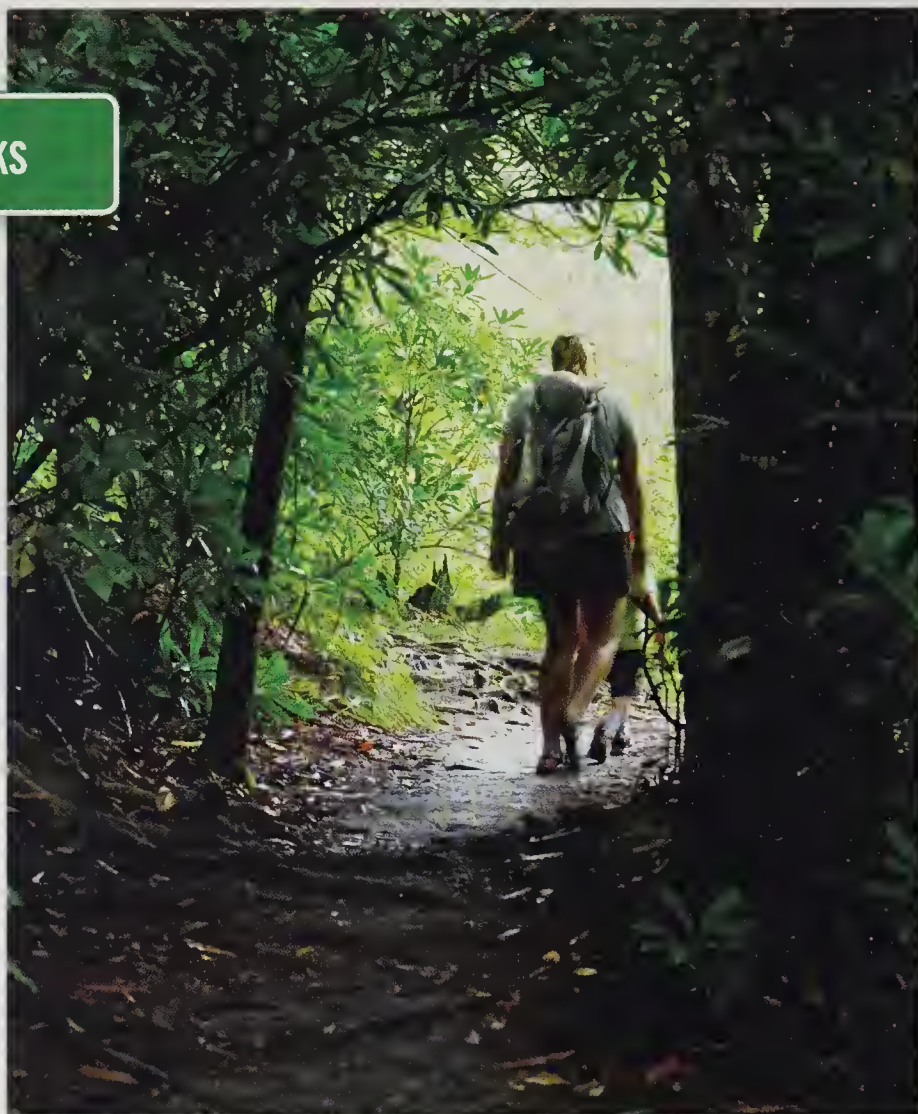
Moses H. Cone Memorial & Visitor Center

667 Service Road
Blowing Rock, NC 28605

(828) 295-3782
www.nps.gov/blri

Parkway Craft Center

(828) 295-7938



The Cone estate offers crafts and carriage trails. Julian Price Park has campsites on well-stocked Price Lake.

JULIAN PRICE MEMORIAL PARK

Located just three miles away from the Moses Cone estate, this park boasts picturesque picnicking and the largest campground on the Parkway. Roughly 3,900 acres offer numerous recreational opportunities, including hiking, canoeing and fishing.

Like the Cone estate, this land was also donated. Insurance executive Julian Price bought it in the late 1930s and 1940s to create a retreat for Jefferson Standard Life Insurance Company employees. Price’s death in 1946 postponed plans, and Jefferson Standard eventually gave the property to the National Park Service.

Campsites are located right at or near Price Lake. (If you like lakeside, ask about sites in the A-loop.) The park has seven trails including the Price Lake Loop Trail (2.7 miles) that circles the well-stocked lake and the Tanawha Trail (13.5 miles), which wraps around part of Grandfather Mountain.

Canoe and rowboat rental is available from Memorial Day to Labor Day, and on weekends in early May, late September and October. No motorboats allowed. The campground is open year-round. Fee required for campsites. ⓘ

Sandy Flats Ranger Station

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Blowing Rock, NC 28605

(828) 295-7591

Campground reservations

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3 MERLE WATSON GARDEN OF THE SENSES

Wilkes County

By Karen Olson House



This unique memorial garden features English and Braille plaques, scented plants and artistic works designed for touch.

A garden's visual beauty doesn't have much to offer to someone who is blind or has trouble seeing. Garden for the Senses, located at Wilkes Community College in Wilkesboro, is designed so visitors, regardless of their visual ability, can enjoy it.

This novel gem is dedicated to the late Eddy Merle Watson. Merle (the name he went by) was the only son of legendary blind acoustic musician "Doc" Watson. A highly talented musician in his own right, Merle died in a tractor accident in 1985.

The memorial garden's entryway beckons with a brick arbor covered in vines and knobby pavers that subtly massage your feet. A relaxing stroll reveals an artful wood gazebo, smooth, curved brick benches and plants selected for their strong fragrances and unusual textures.

English and Braille plaques identify aromatic plants such as sweet box and witch hazel. Special pole and path lighting and floodlights aid visually impaired people in distinguishing between the light and dark objects in the garden.



The serene Japanese garden has meandering pathways, pretty rocks and other classic elements such as this pagoda.

A striking feature is "Nature's Alphabet," a serpentine brick wall of about 150 feet with raised, sculptured images representing letters. Starting with armadillo for "A," images are in alphabetical order so visually-impaired visitors can guess what image is next. Is that a butterfly? A crab? Visitors feel and see rounded peas a little larger than a man's hand, and at the end, a zebra. The sculptures have several different colors in shades of light and dark clay for visual emphasis.

Nearby, the intricate "Tree of Memories" panel, 8 feet tall and 15 feet wide, has two shades of yellow for the leaves and white and brown clays for the textured bark.

A large brick plaque bearing images of bluegrass instruments shows a bearded Merle and Doc making old-time music. Reportedly one of the first persons to run his hands over the plaque was Doc himself.

MORE GARDENS NEARBY

Visitors can amble through other alluring botanical gardens on the campus. Like the Garden of the Senses, their features were enhanced by philanthropic donations and the work of horticulture instructors and students. Areas to make time for include an elegant Japanese garden with an arched wooden bridge and stone pagoda, a rose garden with tiered fountain, and a site with various evergreens.

A one-mile trail winds through a native garden and affords views of heritage cabins and the Doc and Merle Watson amphitheatre, where Merlefest, a popular annual music festival, is staged late April.

A multi-age playground and picnic tables are nearby. All gardens are open daily and admission is free. ⓘ

Wilkes Community College
1328 S. Collegiate Drive
Wilkesboro, NC 28697

(336) 838-6100
www.MerleFest.org/Gardens.htm

4 HIDDENITE CENTER

Alexander County

By Karen Olson House

Hiddenite Center, a folklife and cultural arts institution, is an eclectic treasure that houses local art and crafts, rare gems and a glimpse into a wealthy eccentric's life.

Listed on the National Registry of Historic Places, the Center is an imposing Victorian house. Originally built as a two-story dwelling, it was imaginatively enlarged around 1918 when it was cut in half horizontally, the second story raised up to become the third story, and a new story sandwiched in between. The dazzling architectural feat helped secure its place on the Registry.

LUCAS MANSION

The first floor has been recreated in the manner when a flashy gem trader lived there in the 1920s. James Paul Lucas (nicknamed Diamond Jim) used the house as a vacation home. He liked to entertain and to hunt, and the house's furnishings sport an intriguing mix of stuffed animal heads, dark, masculine furniture and flamboyant, ornate walking sticks.

Lucas installed the most modern conveniences of his day, including an intricate bell system in the dining room used to summon servants, and hoses on every floor to extinguish fires. The kitchen has a hand-churning washing machine, and a 1915 GE refrigerator. Visitors can also tour the parlor, music room, a bedroom and foyer.



"Diamond Jim," owner of the Lucas Mansion, was a flashy dresser who liked to hunt.



Hiddenite Center offers a floor tour of a flamboyant man's turn of the century home, gem mining exhibits, a doll collection, and an art gallery.

RARE GEMS AND ART GALLERY

The rest of the first floor pays tribute to the town of Hiddenite's (literally) rich mining history, and displays newspaper articles, vintage photos of digs, and valuable minerals and gemstones such as sapphires, emeralds and garnets.

The second floor is home to monthly exhibits that feature works from local painters, weavers, quilters and other artisans.

The Center's mission to educate and enrich the public extends to informative talks, concerts, dinners and art classes held either at the Center or its Educational Complex, a few blocks away.

HELLO, DOLLIES

The third floor displays an impressive collection of about 550 dolls on loan from Hiddenite Center's founder, Eileen Sharpe. They include creatures made of straw and wood, porcelain figures from the 1870s and kitschy dolls including Marilyn Monroe.

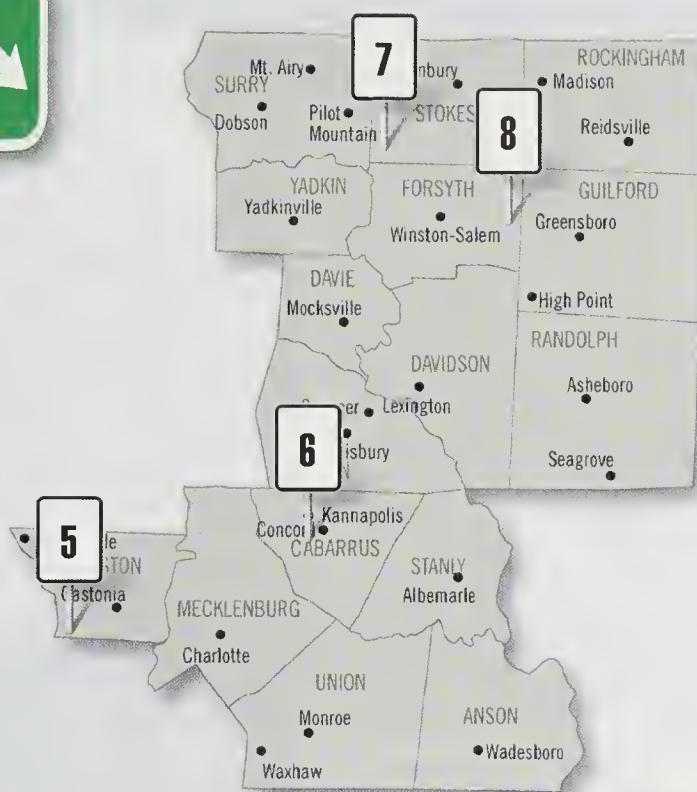
HOURS AND ADMISSIONS

Hiddenite Center is open Monday through Friday from 9 a.m. to 4:30 p.m. Admission to the first floor (Lucas area) is \$2.50 for adults, \$1.50 for students and seniors. All other gallery areas are free. There is a gift shop. ⓘ

Hiddenite Center, Inc.
316 Church Street
Hiddenite, NC 28636

(828) 632-6966
www.hiddenitecenter.com

WESTERN PIEDMONT ADVENTURES



Like the gold found and minted here in the 1800s, this region is bright and polished. They say the best barbecue comes from here, too, not to mention furniture, granite, ceramic arts and sonkers. Because of the shine, you can't miss it. (For more information see our travel resources on page 80.)

5

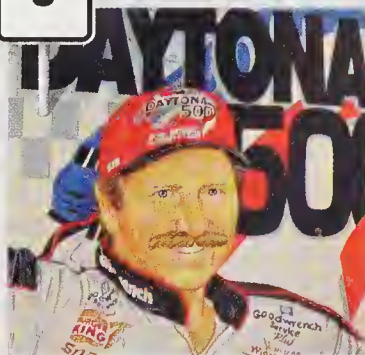
CROWDERS MTN. STATE PARK



The view atop King's Pinnacle and the overlook on Crowders Mountain show the ever-encroaching urban areas of Charlotte and Gastonia in this part of the southwestern Piedmont. The hike to the top will take your breath away.

6

THE DALE TRAIL



Follow the black No. 3 flags along State Hwy. 3 to see the region that molded Dale Earnhardt, both as a person and a legendary NASCAR driver, from his humble beginnings to the DEI empire of glass and granite he built along the way.

7

HORNE CREEK HISTORICAL FARM



In the northwestern Piedmont sits an early 1900s-era farm still raising tobacco, fruits, vegetables and livestock the old way. It welcomes visitors to come get their hands dirty and to learn about turn-of-the-20th-century living.

8

KÖRNER'S FOLLY



The three-story architectural maze that sits on Main Street in Kernersville is what one may deem "the ultimate model home" for an interior design business, on all seven levels and in 22 rooms.

5 CROWDERS MOUNTAIN STATE PARK

Gaston County

By Renee C. Gannon

From Raleigh to Charlotte on I-40/I-85, the view is nothing more than concrete walls, concrete road and scattered lines of pine trees as you traverse through the backyards of cities and towns at 70 miles per hour. But south of Charlotte, the foothills of southwestern North Carolina start appearing in the distance.

In Kings Mountain, just off I-85, Crowders Mountain State Park and its two peaks rise. Crowders Mountain has an elevation of 1,625 feet, and King's Pinnacle tops out at 1,705 feet. The park's visitor center sits at 875 feet. The two peaks are connected by a saddle that ranges from 900–1,200 feet in elevation.

The visitor center features an exhibit hall that details the history, geology and ecology of the park—what your eyes and ears will see and hear while hiking through the park's wooded acreage. The peaks are what's left of an ancient mountain range that towered thousands of feet high more than 400 million years ago, and are considered part of the Appalachian mountain chain.

SOMETHING FOR EVERYONE

Opened in 1974, the park offers activities for everyone: camping, picnicking, walking/hiking, rock climbing (especially on Crowders Mountain's sheer vertical cliffs that range from 100–150 feet high) and canoeing on the park's lake.

Ten well-marked, colored foot trails traverse the two peaks, the saddle area and the small lake, with degrees of difficulty from easy to strenuous. Benches are available on all the trails for a quick rest. The easy trails (Fern and Lake) are near picnic areas, with Fern leading to the moderate Turnback Trail and to the strenuous Crowders Trail. The trails range from 0.2 miles on the Family Camping Trail to Crowders Trail that runs 2.5 miles (one way). All trails feature a submersion into the natural surroundings. And once the peaks are reached, a surrounding view that reaches more than 20 miles. From Crowders Mountain, the view includes the urban areas of Charlotte and Gastonia. From King's Pinnacle, the view is more rural, but urban encroachment can be seen.

Reaching the Overlook on Crowders Mountain is a longer hike than to King's Pinnacle. And one hiker told me he once counted 300 steps to the Overlook top. At the visitor center, talk to the park rangers about your physical abilities and the amount of time you wish to spend hiking. Some parts of trails higher up may reach inclines of 40–50 percent, while other parts may be just a 10 percent incline.



The view from atop King's Pinnacle. Crowders Mountain is ahead, and the park's visitor center to the right.

REACHING KING'S PINNACLE

On the sunny and brisk February morning I visited the park, the ranger recommended reaching King's Pinnacle. It's a strenuous but shorter route (about two hours roundtrip) than hiking to Crowders Mountain and up to the Overlook. I first stopped at one of the picnic areas by the lake for a bag lunch. I then started on Fern Trail, a meandering easy walk on your way to the moderate Turnback Trail. Small animal and bird sounds echoed, and the sound of the leaves underfoot contrasted with the rushing sound of the wind through the trees. Turnback began flat, but soon the inclines began. By the time I reached Pinnacle Trail and took the left at the fork, the uphill climb had me stripping off my sweatshirt and jacket. From Turnback to the Pinnacle's top is about 0.7 miles, but all at a steep incline. Rocks and wooden steps help you navigate, and small trees on the trail are perfect to grasp when gravity pulls you to the side or backwards. But the climb is worth it. Atop the rocky Pinnacle, Charlotte can be seen through the smoggy distance and you see how far you've come when the visitor center's green roof is in view below.

But remember, you must hike down! Ⓜ

Crowders Mountain State Park

522 Park Office Lane
Kings Mountain, NC 28086

(704) 853-5375

<http://ncparks.gov/Visit/parks/crmo/main.php>

6 THE DALE TRAIL

Cabarrus, Rowan and Iredell counties

By Renee C. Gannon

Dale Earnhardt's death in February 2001 still haunts a generation of NASCAR fans. Earnhardt died doing what he loved: racing hard at the Daytona 500, where he mastered the slingshot move in his black No. 3 Chevrolet and earned his nickname "The Intimidator."

In 2005, the Cabarrus County Visitors Bureau opened the Dale Trail, a driving tour that offers a glimpse of the region that shaped this racing legend's life.

START YOUR ENGINES

The trail begins at the Cabarrus CVB on Dale Earnhardt Blvd. in Kannapolis, just off I-85 at Exit 60. The map details 19 points of interest; some are actual sites while others are general areas, usually profiling a place no longer with us. Count on 45 minutes if you just drive, or four hours if you stop along the route.

As you begin the tour in Kannapolis, what remains of the old Earnhardt Road can be seen on the left where it intersects with Dale Earnhardt Blvd. (also called NC Hwy. 3 in honor of Earnhardt). Here the Earnhardt family once owned a hog slaughterhouse and Dale raced a '56 Chevy. A few blocks later, Ralph Earnhardt's grave marker displays his No. 8 yellow race car on the headstone and a taped photo of his son, Dale.

The trail map mentions the former site of Eddleman's Garage (the engine shop where Ralph perfected moonshine-running cars) and the Flying Mile (the road that bore stripes of burned rubber), both off Hwy. 29. Dale Trail black flags hang from poles as you pass through Car Town, where Ralph and wife Martha raised their family among streets named

Ford, Plymouth and Hudson, and through Midway, once a center of town.

The trail visits Cannon Village, a good place to step out of the car and stretch your legs. As you turn from Vance St. onto West Ave., you enter what locals call "Idiot Circle." Starting in the 1960s,

Earnhardt and other teens would cruise the traffic circle. Park and visit the local shops, then walk a block east to the Dale Earnhardt Plaza. A 9-foot, 900-pound bronze statue of Earnhardt stands in the center of the plaza. Walk back across West Ave. to the Cannon Village Visitors Center to learn about the town's transition from textiles to research and biotechnology.

On the trail again, visit the Curb Motorsports racing exhibit that features Earnhardt's 1980 Winston Cup champion car (a No. 2 blue and yellow Olds), as well as the Richard Petty car that won his 199th race. Owner Mike Curb also owns Curb Records, and the shop displays posters, gold and platinum records of its recording artists. (The shop and racing exhibit recently moved to 600 Dale Earnhardt Blvd.)

Dale Earnhardt Inc. (DEI) in Mooresville is the next stop heading north. This glass and granite complex built by Earnhardt houses the DEI racing teams and showroom, as well as an Earnhardt exhibit and gift shop.

The trail returns to Kannapolis. As you head toward I-85 on Loop Rd., you pass Fieldcrest Cannon Stadium, home to the minor league baseball team The Intimidators. You can decide whether to head north on I-85 to visit Childress Racing in Welcome, N.C., or turn south and visit the Sam Bass Gallery and Lowe's Motor Speedway. **B**

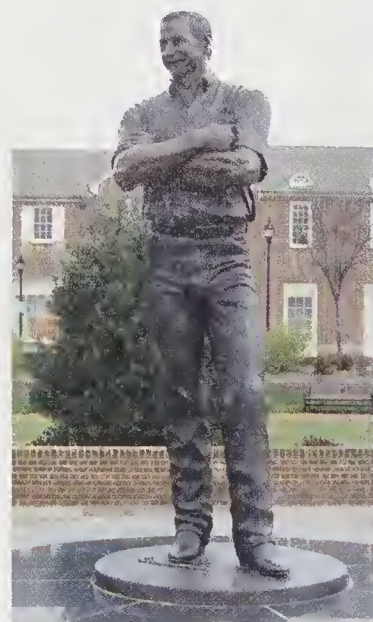
The Dale Trail

Cabarrus County CVB
3003 Dale Earnhardt Blvd.
Kannapolis, NC 28083

(800) 848-3740
www.thedailetrail.com
www.cabarruscvb.com



The Dale Earnhardt exhibit at DEI in Mooresville.



Dale Earnhardt Plaza.

7 HORNE CREEK LIVING HISTORICAL FARM

Stokes County

By Renee C. Gannon



The 1870s farmhouse on Horne Creek farm is said to have 27 different paint colors, all added during a 90 percent accurate restoration derived from old photos as well as family memories and heirlooms.

Have you seen a sheep sheared? Tasted sweet apple cider squeezed out of a 1900s-era apple press? Smelled the pungent earthy odor from just-plowed field soil? Heard the high-pitched call of a guinea hen? Have your kids experienced these senses? At Horne Creek Living Historical Farm, you can experience all of these and more.

In 1984, as more developments than crops sprouted in local fields, the N.C. Department of Cultural Resources began searching for a farm to add to its list of historic sites. The department chose the Hauser farm in the Shoals community. In 1987, the Horne Creek site, named for the creek that runs through the property, opened to the public. The farm features livestock breeds and crop varieties that were prevalent at the turn of the 20th century.

The site is also home to the Southern Heritage Apple Orchard, the only known state-supported orchard in the country and the only one with an extensive collection of southern apple trees, soon reaching 400 varieties.

FARM HISTORY

The farm depicts life during 1900–1910, a transition year when fields were switching from vegetables and fruit to the more lucrative tobacco. The farm dates back to the 1830s, when John Hauser moved from nearby Bethania with his

wife and seven children. After the Civil War, one of his remaining sons, Thomas, took over the farm, and then passed it to one of his seven sons.


Family descendants donated memories and furniture to help restore to 90 percent accuracy the 1870s farmhouse built by Thomas Hauser. From the visitors center to the farmhouse, you walk beside a peach and apple orchard

and a 1900s-era tobacco-curing barn. Around the two-story farmhouse and the attached well house sit a smoke house, dry house, chicken coops, fruit house, corn crib, large garden, double crib barn and a fenced area that holds cows and horses. Guinea hens and cats roam the property, and on my visit a hound dog greeted me on the home's front porch.

VISITING THE FARM TODAY

About 30,000 visitors come annually to the farm for a hands-on history and agricultural experience. School programs focus on food production to show students that food goes from the farm to the store. Visitors can shear sheep, cut grass with a scythe, draw water from the well, husk corn, make apple cider and weave a white oak basket. Volunteers also demonstrate how to make lye soap, apple butter, clothing, toys and crafts, log cabin construction and other farm activities crucial to survival in the early 1900s. You learn how the farm works, why certain livestock breeds and crop varieties were used and the manual labor involved in keeping the farm prosperous. Archeologists are also often on-site investigating early farm building locations.

Horne Creek holds special events throughout the year. More than 10,000 attend the annual cornshucking festival. Other events include Saturday afternoon “toe-tapping” music, old-fashioned cooking, how apples go from peeling to the pie, and how children lived and played on the farm.

Later this year work begins on a permanent visitors center for the farm, with attendance expected to climb close to 45,000. But the more than century-old pear tree that sits at the temporary center's corner will still be around to welcome those who want to wander around the farm and wonder about days past. 



In 1900–1910, farms were transferring from fruits and vegetables to tobacco, cured in barns such as this one.

Horne Creek Living Historical Farm
308 Horne Creek Farm Road
Pinnacle, NC 27043

(336) 325-2298
www.ah.dcr.state.nc.us/Sections/HS/horne/horne.htm

8 KÖRNER'S FOLLY

Forsyth County

By Renee C. Gannon

Anyone who has ever remodeled a home would be amazed at Körner's Folly. What started out in 1878 as a bachelor's pad/carriage house/artist studio for Jule Gilmer Körner,

ended as a continuing work in progress: the structure served as his interior design business first, but also happened to be home for his wife and two children starting in 1886.

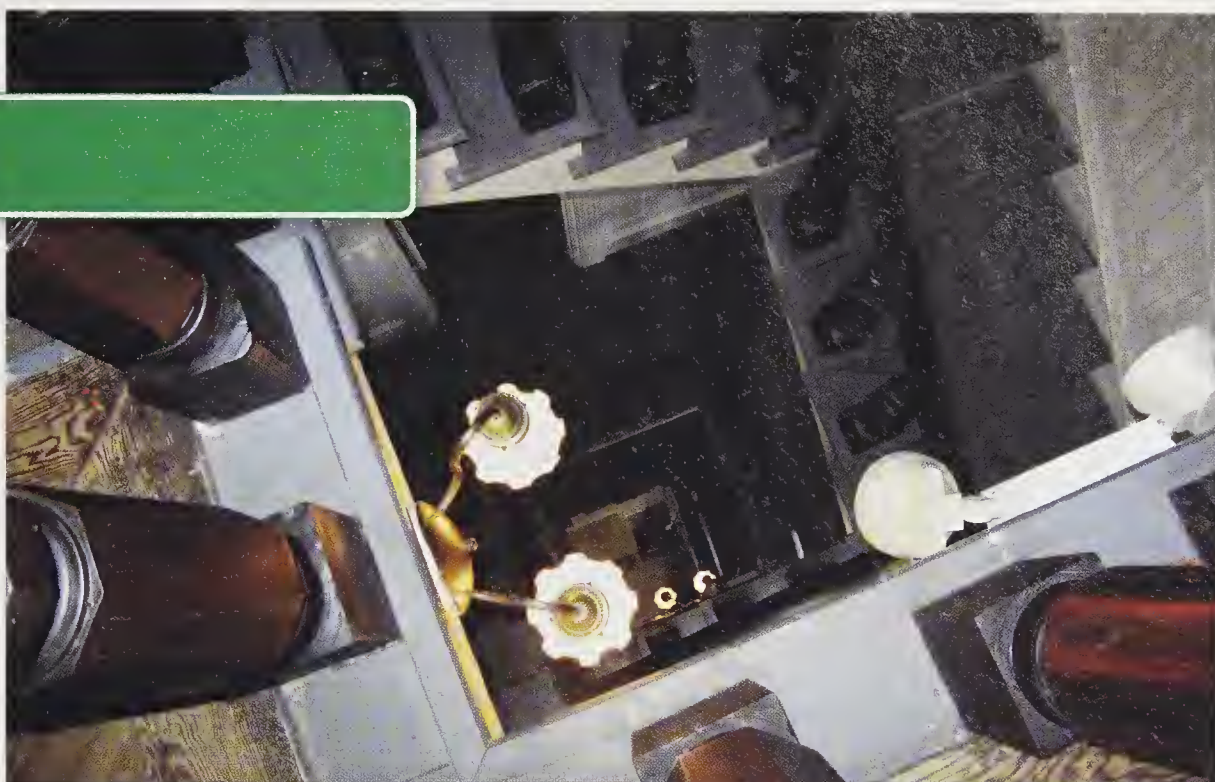
During his lifetime, Körner worked as a jack-of-all-trades: he managed construction projects, developed outdoor advertising by painting the Bull Durham tobacco signs throughout the South, and ran a successful artist studio. He eventually turned his interior decorating and design skills into a business.

At his death in 1924, the one-time carriage house and stables had evolved into a staggering menagerie with 22 rooms and 15 fireplaces, all on seven levels in a three-story building. After his passing, family found blueprints on Körner's desk for more renovations.

AN INTRICATE INTERIOR

The original carriage house design is still noticeable in the high arched ceiling from the front door to the back breakfast patio. Lining both walls are fireplaces made from tin, iron and wood, plus cabinets and tables, all of varied designs and sizes. The wood floor contains square doors that cover the air tunnels Körner built to circulate cool and warm air throughout the house. Windows above doors tilt and pivot to control the air distribution.

The self-guided tour begins in the front foyer. Information placards lead you through all 22 rooms, from front to back, up and down all seven levels via two sets of staircases. Approximately 90 percent of the furniture and artwork are original to the home. If you are on the tall side, beware that ceiling heights throughout the rooms range from just



This winding staircase in Körner's Folly goes from the ground floor to the attic's Cupid's Park theater. It seems you are climbing seven stories instead of three.

under six feet to as high as 25 feet. Doors also come in all sizes. Each room had its own design, and often, that design changed from wall to wall, corner to corner.

Room sizes vary, from the child-size playrooms located up a short set of steps from the master bedroom, to the full-length Reception room, which features a ceiling mural, tall windows and three chandeliers. The room also has small nooks, called "kissing corners," that offered privacy to couples in a time when public affection was frowned upon. Parties were held here often, with music provided by a single musician or an orchestra from Greensboro.

Beyond the Reception room, at the top of the winding staircase, lays Cupid's Park, a theater for children that runs 25 feet high, 32 feet long and 17 feet wide. The Körner family would hold plays and concerts on the theater's 16-by-18-foot stage, with an orchestra pit to the side, and seating for 75. Kerosene lamps and chandeliers provided lighting for this attic room.

A set of narrow, steep steps takes you downstairs to the dressing room where the family stored clothing and theater performers would change. This part of the house also has a sewing room and library and leads back to the front foyer, where the tour attendant stays. The attendant on the day I visited said she hears all sorts of comments from visitors coming down that too-small stairwell. The tour ends outside, with a visit to the four-seater brick outhouse, a smokehouse and a stop at Aunt Dealy's cottage, which now houses a gift shop.

While under its first set of renovations, Körner's cousin, Nathaniel Körner, noted that this structure had become Jule's "folly." Instead of being insulted, Körner placed "Körner's Folly" in tile at the front entrance. ⓘ

Körner's Folly

413 South Main Street
Kernersville, NC 27284

(336) 996-7922

www.kornersfolly.org



Körner's Folly began as a carriage house and stables in 1878.

EASTERN PIEDMONT ADVENTURES



Big cities and small towns with crossroads in-between, award-winning museums, top-flight golf, renowned gardens, quiet historic and nature parks tucked away from the city bustle and great bicycling routes—the Eastern Piedmont boasts a wide range of educational and recreational attractions. (For more information see our travel resources on page 80.)

9

SNOW CAMP



Stroll through an outdoor museum near Burlington showing how Quakers lived.

10

HISTORIC WARRENTON



This gem of preserved antebellum history, culture and architecture beckons visitors to take a walk to the 1800s.

11

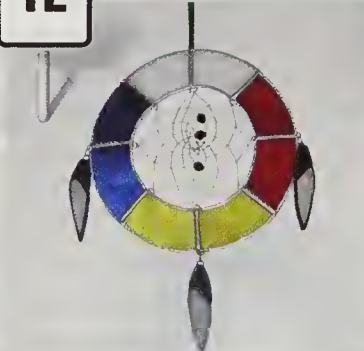
RAVEN ROCK STATE PARK



A 4,684-acre fairytale forest full of steep cliffs and floodplains, unusual flora and fauna, and turbulent rapids lives less than an hour's drive from Raleigh and Fayetteville.

12

NATIVE AMERICAN MUSEUM



The Museum of the Native American Resource Center at UNC-Pembroke offers exhibits on Native America. Many of the people in its surrounding community come from North Carolina's largest tribe, the Lumbee.

9 SNOW CAMP HISTORIC SITE

Alamance County

By Karen Olson House



Travelers can visit a restored Quaker community, have fun at seasonal festivals and watch several outdoor dramas at the amphitheater at Snow Camp Historic Site.

Simon Dixon, a Quaker from Pennsylvania, first settled the area now known as Snow Camp in 1749, and Cane Creek Friends Meeting was organized in 1751. (Quakers use the term “Meeting” or “Meeting House” as a term for church, to emphasize community.)

Other Quakers, keen on acquiring new land and escaping religious persecution, soon courageously followed.

Plain of speech and clothing, the staunch pioneers split logs by hand, built houses and mills, and farmed. As a peace-loving sect, Quakers here were dismayed by the fierce fighting nearby in March 1781 when the British army defeated American soldiers at the Battle of Guilford Courthouse. British General Lord Cornwallis set up headquarters in Simon Dixon’s house, and his soldiers slaughtered sheep and cows, then cut the fresh meat on benches dragged from the Meeting House.

Legend has it that the British soldiers, not a miller among them, tried to run Dixon’s grist mill in vain—a Dixon boy had purposely jammed the mill wheel. Simon Dixon himself died just a few days after the British left, sitting in his armchair that he had reclaimed after Cornwallis used it.

The present-day place of worship, Canes Creek Friends Meeting on W. Greensboro-Chapel Hill road, sits on its original

site. Its intriguing cemetery has many unusually shaped gravestones, including a memorial to Simon Dixon and a round stone erected by the British for their soldiers.

A RESTORED QUAKER COMMUNITY

The town of Snow Camp, including a restored historical Quaker village, is located roughly 15 miles south of Burlington. You can stroll through the restored village and see meeting houses, a grist mill and giant grist stone, tack shop, log kitchen, apple butter shed, smoke house and post office museum. The structures include the Colored School House, built by two Quaker families for African American children after the Civil War.

At the Fall Molasses Festival, you can see sorghum cane gathered and pressed in a step-by-step demonstration. A store, Simple Gifts, has a crafts gallery and sells wood and needlecrafts. Ye Old Country Kitchen serves a homestyle buffet. Ye Old Ice Cream Shop sells sweet treats, and a dirt path near it leads to weaving and quilting displays.

SUMMER DRAMAS

Snow Camp’s long-running outdoor dramas draw visitors far and wide. “Pathway to Freedom” reveals the heroism of the 1840s and 1850s, when Quakers assisted slaves along the Underground Railroad from North Carolina to Indiana. “Sword of Peace” re-enacts the struggles Quakers faced in remaining true to their beliefs during the Revolutionary War. This summer’s lineup includes “Jesus Christ Superstar” and the annual children’s theater. Admission is charged for theater productions. ①



Snow Camp Theatre

One Drama Road
Snow Camp, NC 27349

(336) 376-6948

www.snowcampdrama.com

10 WARRENTON HISTORIC DISTRICT

Warren County

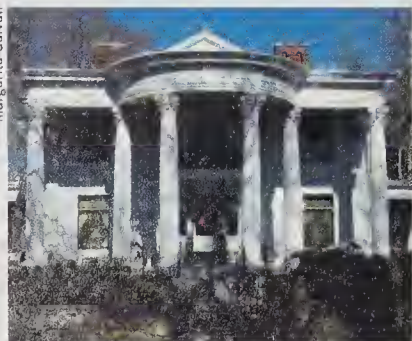
By Margarita Galvan

Take a walk to the 1800s and experience Warrenton, North Carolina's gem of preserved antebellum history, culture and architecture. Located in Warren County, Warrenton is about an hour's drive from both Raleigh and Durham.

VAST WEALTH AND STABLE GROWTH

Warrenton's namesake Joseph Warren, a doctor and general, was slain fighting for the country's independence at the Battle of Bunker Hill in 1775. The town was founded in 1779, and by the early 1800s, its prosperity grew rapidly with the farming of tobacco and cotton. Once favored by wealth and becoming the county seat, it drew the attraction of many prominent persons who contributed much in the way of architecture, politics, education and art. Extravagant Greek Revival, Federal Style, Italianate homes began to punctuate the outskirts. By the mid-1800s, Warrenton was one of the wealthiest towns in the state. Its resources allowed culture to flourish in the forms of academia, dancing, acting and other social amusements such as card playing and horse racing. By the early 1900s, Warrenton's population stabilized at just under 1,000 people and has remained the same up through the present day.

Warrenton experienced the conjunction of two rarely combined characteristics: vast wealth and prosperity through the 1800s followed by a virtual cessation of growth. The result is a town featuring the best of antebellum architecture and character, but untouched by the destruction typical of modern growth. As such, exploring Warrenton offers a uniquely intimate glimpse into the past.



Find striking examples of architecture within Warrenton.



This gem of preserved antebellum history, culture and architecture beckons visitors to take a walk to the 1800s.

STROLL A SLOW-PACED HISTORIC TOWN

Warrenton, by nature of its size and character, is a quaint and friendly pedestrian town. Inside Main Street's shops, you can find a walking tour brochure perfect for visitors, history buffs, and folks simply interested in strolling through the beauty of a slow-paced historic North Carolinian town. The brochure provides a map of noted sites with information regarding the architecture, dates of constructions and owners.

After a walking tour, return to Main Street's wide brick sidewalks and restored storefronts where leisurely shopping and dining beckon. Enjoy the beautiful features original to the buildings, such as the Scarlet Rooster's ornate tin ceilings and aged brick walls. Warrenton's original hardware store, lovingly renovated to house the charming Hardware Cafe, serves homemade baked goods, sandwiches and pastries. You'll drift back in time by the gently preserved interior replete with galvanized metal buckets running under the century-old bar, rustic hardwood flooring, near floor-to-ceiling shelving stocked with wine and various eclectic antiques. ☺

Preservation Warrenton
PO Box 944
Warrenton, NC 37589
www.warrenton-nc.com

11 RAVEN ROCK STATE PARK

Harnett County

By Tara Verna

A 4,684-acre fairytale forest full of steep cliffs and floodplains, unusual flora and fauna, and turbulent rapids lives less than an hour's drive from Raleigh and Fayetteville.

Raven Rock State Park straddles the "fall line"—a place where the hard rocks of the piedmont transition to the sediments and softer rocks of the coastal plain. The park's series of river rapids, sculpted rock faces, and diverse habitats illustrate this convergence of differing topographies.

The park's name comes from its mile of cliffs along the Cape Fear River where ravens formerly nested. The highest crystalline cliff along the fall line, Raven Rock towers 150 feet over the river that has eroded it, carving sweeping expanses of ridged rock along its underside.

A LOOK BACK

Though established in 1970, the park's historical significance dates back to before the Civil War when river travelers used Raven Rock as a landmark. In the 1850s, the Northington series of locks and dams allowed boats to negotiate the fall zone rapids. Remnants of the locks and dams system can be seen to this day. And the Northington Ferry Trail's Campbell Creek once served as the main transportation link between Raleigh and Fayetteville, as early as 1770. Even earlier still, Siouan and Tuscarora Indians placed trap baskets at the rapids to catch fish—today this section is known as the Fish Traps Trail.

WHAT YOU'LL FIND TODAY

An incredible range of plants—more than 700 species, not including grasses and sedges—from the mountains, piedmont and coastal-plain regions have taken root in Raven Rock State Park. In early spring, wildflowers such as the locally rare Dutchman's breeches, blanket the forest floor. Along the


bluffs, mountain laurel bushes bloom in late spring, not far from rhododendrons, usually found further west.

Fox squirrels, gray foxes, muskrats and many species of salamanders and frogs call Raven Rock home. Raven Rock also provides a haven for more than 183 species of birds, including wild turkey, wood duck, hawks and owls. Bald eagles nest upriver a few miles and can be seen all year.

EXPLORING THE PARK

The park's annual 100,000 visitors choose from activities that include 10 hiking trails, primitive campsites for hikers and canoeists, fishing, picnicking and seven miles of bridle trails.

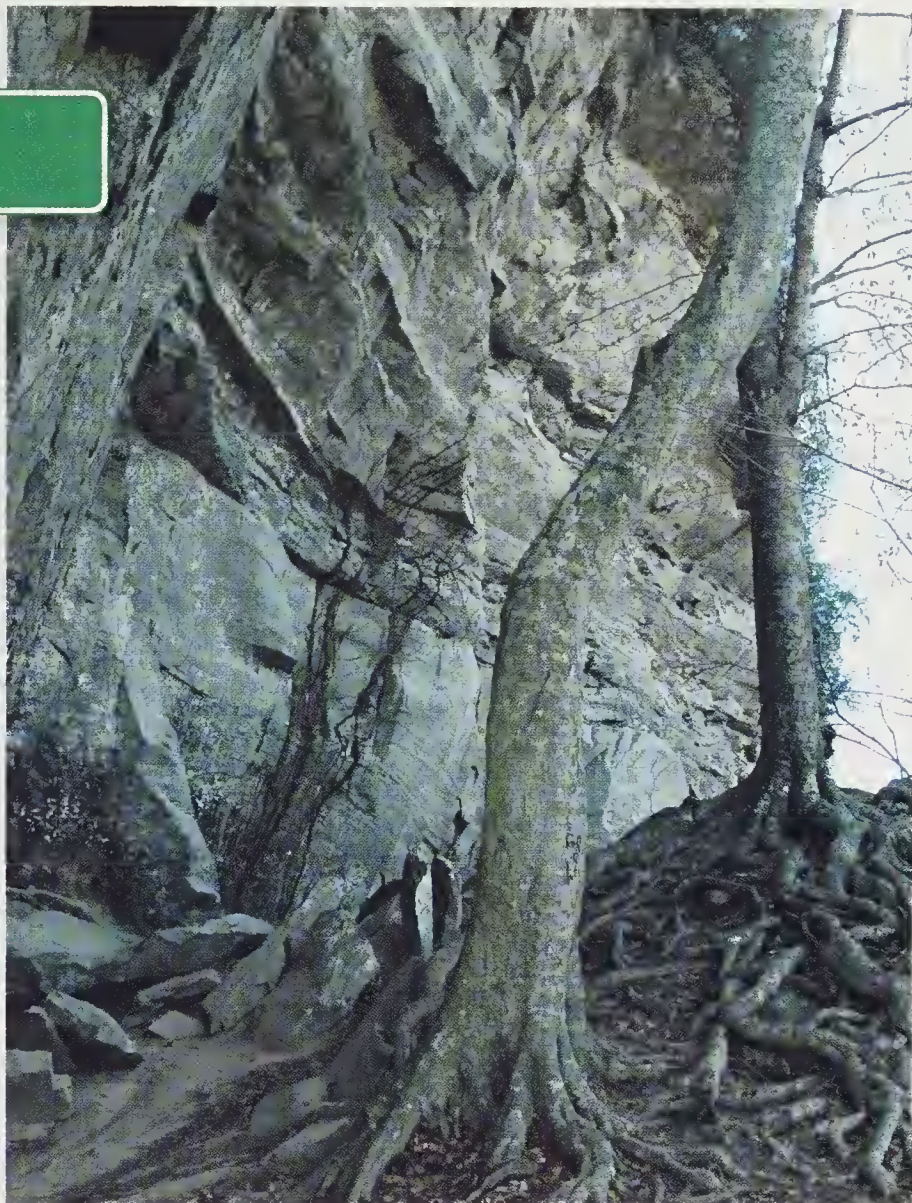
According to Paul Hart, the park's superintendent, those who hike often tackle the Raven Rock Loop Trail first. This trail descends toward a set of stairs that lead down the park's infamous cliffs to the Cape Fear River below. Press on to the same trail's overlook where 90 percent of the incredible view is park property.

Look for the addition of a visitors center and picnic shelters in 2008 that will only serve to enhance the richness of the park's offerings. 

Raven Rock State Park
3009 Raven Rock Road
Lillington, NC 27546

(910) 893-4888

www.ncsparks.net/raro.html



Raven Rock towers 150 feet over the river that has eroded it, carving sweeping expanses of ridged rock along its underside.



The Cape Fear River winds through Raven Rock State Park.

12 MUSEUM OF THE NATIVE AMERICAN RESOURCE CENTER

Robeson County

By Tara Verna

If you are expecting Native American exhibits, you won't be disappointed after visiting the Museum of the Native American Resource Center at UNC-Pembroke. But there is so much more to this museum than meets the eye.

The museum's focus on Native America includes educating the public, conducting research, collecting and preserving cultural elements, encouraging Indian artisans, and partnering with other agencies. Museum staff doesn't need to travel far to fulfill most of these objectives—many of the people in the surrounding Pembroke community come from North Carolina's largest Native American tribe, the Lumbee.

THE LUMBEE COMMUNITY

"This is one of the reasons our Resource Center is so unique," says Stanley Knick, director of the Native American Resource Center. "You can visit the museum to learn about Lumbee history and culture, then go out into the community for a modern take."

The Lumbee number more than 50,000—approximately half of the Native Americans in North Carolina—with most residing in Robeson and adjoining counties. American Indians have inhabited what is now Robeson County for 14,000 years. In 1887, the state established a separate school

system to benefit tribal members—today known as The University of North Carolina at Pembroke. For more than half a century, the university educated only Native Americans. Now the school serves a multi-ethnic student body, including the 23 percent who are Native Americans.

INSIDE THE MUSEUM

The museum exhibits pre-historic tools and weapons, 19th century Lumbee artifacts, contemporary Indian




The museum features an 1890 Lumbee log cabin that contains a 100-year-old quilt made by the daughter of Lumbee hero Henry Berry Lowrie.

art, and more. Major displays showcase an authentic log canoe built about 950 A.D. and found in the nearby Lumber River plus an 1890 Lumbee log cabin. The cabin contains a 100-year-old quilt made by the daughter of Lumbee hero Henry Berry Lowrie. Thirty-thousand pieces of cloth have been arranged in a pinecone pattern particular to the Lumbee. This same pattern often appears on powwow dancing dresses and other Lumbee art.

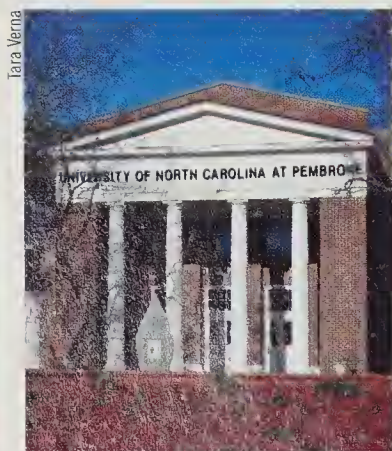
The museum is located in historic Old Main, the first brick structure on campus in 1923. Old Main is listed on the National Register of Historic Places, and also houses the Department of American Indian Studies. UNC-Pembroke is one of only two universities east of the Mississippi that offers a bachelor's degree in American Indian Studies.

In addition to its weekday operating hours of 8 a.m.–5 p.m., the museum will soon be open on Saturdays. Call before you go as the museum closed to upgrade its lighting, exhibits and signs and should reopen in April with a new exhibit.

Visit the museum's Web site to see and buy books and videos. 

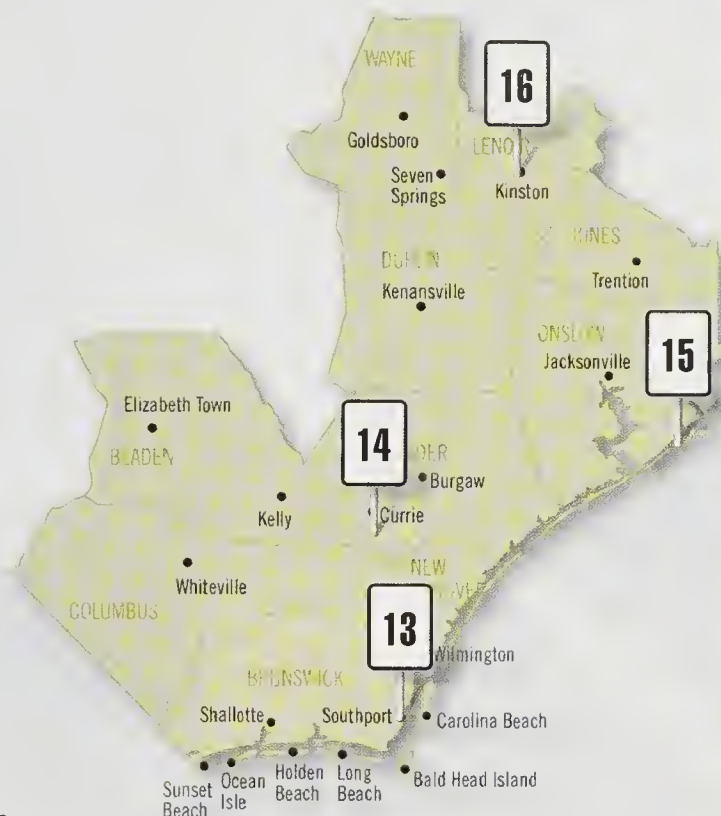
The Museum of the Native American Resource Center
One University Drive
Pembroke, NC 28372

(910) 521-6282
www.uncp.edu/nativemuseum



Old Main, the first brick structure on the UNC-Pembroke campus in 1923, houses the museum.

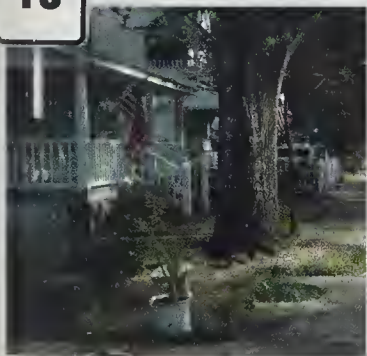
SOUTHERN COASTLAND ADVENTURES



Water is at the heart of the Southern Coastland. Rivers feed the farmlands and meander to the southern beaches. Lakes and streams provide fishing, hiking and other recreational opportunities. Towns grew up along the water's edge, from Wayne County south to the Brunswick Islands, from Seven Springs to the port city of Wilmington. This is also the land of pork, tobacco, seafood, grapevines and good times at the beach. (For more information see our travel resources on page 81.)

13

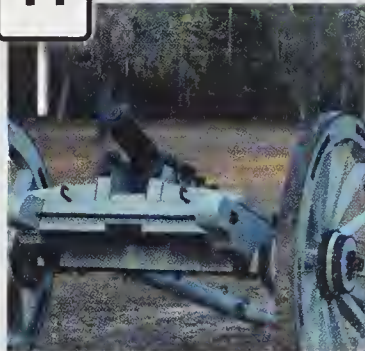
SOUTHPORT



This well-planned coastal downtown still holds the charm that made it what it is.

14

MOORES CREEK BATTLEFIELD



A National Battlefield park shows how American patriots prevented the British from taking over the South.

15

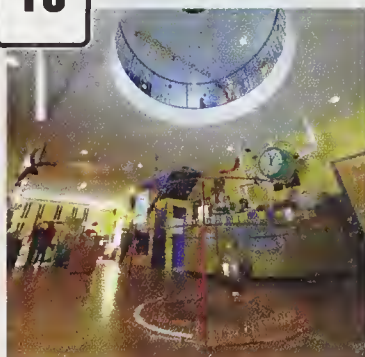
HAMMOCKS BEACH STATE PARK



Undeveloped island beaches where you can see what natural really is.

16

NEUSEWAY NATURE PARK



A nature park, planetarium, health and science museum and outdoor camping all in one place.

13 SOUTHPORT

Brunswick County

By Michael E.C. Gery

Maybe because it was meticulously planned in 1792, downtown Southport has not yet succumbed to the extravagant waterfront development seen in its neighboring communities. You can walk all of Southport's quiet streets, passing modest historic houses and public buildings among old live oaks, and you won't see a chain store, chain restaurant or chain hotel. And, the air still holds the "salubrious breeze from the sea" that Joshua Potts noticed in 1792 when he envisioned the town here at the mouth of the Cape Fear River as a place to improve his health.

SOUTHPORT'S COLORFUL HISTORY

Southport's saga, however, has not been not all that salubrious. One stroll through the Old Smithville Burial Ground (until 1887 it was called Smithville, for a North Carolina general), and you learn that sickness took a terrible toll here for centuries. When European explorers passed through in the early 1500s, they moved on because dangerous shallows and insects surrounded the place. Epidemics in the 1700s and early 1800s wiped out entire families. Sailors wrecked out there trying to get from the ocean upriver to Wilmington. After the Civil War, the government placed 10 buildings offshore ("the trim white city on stilts") to inspect passing ships, scour them with burning sulphur and formaldehyde, and bathe their crews to prevent disease. Cape Fear Quarantine Station did attract Dr. J.A. Dosher, who for many years later set the town on a much healthier course.

The riverfront and yacht basin have seen many colorful activities. The British in 1745 built Fort Johnston (North Carolina's first commissioned fort) to protect the fishery and waterway from the Spanish. Some piece of it, including the 1810 brick officers quarters, kept a military role through all America's wars until decommissioned in 2004. Since the beginning, local pilots have helped ships through 21 turns among the offshore shoals here. These pilots—and their brethren who ran the Union's coastal blockades in the Civil



This River Pilots Tower on Southport's waterfront, built in the early 1940s, replaced a wooden one. Since the early 1800s, river pilots have been dispatched from here to help ships navigate the Cape Fear River channel.

War and guided 1,200 ships in one year during the Vietnam War—have remained Southport's pride to this day. Fishing and fish processing dominated for generations after the Civil War (first mullet, shad, oysters and terrapin, then menhaden, crab and shrimp). Bay Street jumped with sailors, plant hands, boat captains, boarding houses and tourists. After Italian harpist Antonio Caseletta, visiting in 1882, went for a sail and drowned, the harp in his guestroom mysteriously lost its strings and his ghost seems to complain even now in the Brunswick Inn. A German sub sank a tanker here in 1942, and the survivors and dead were brought ashore. Hurricane Hazel on Oct. 15, 1954, put an end to industry as Southport's riverfront had known it. Today, the well-managed, marked trail along the water memorializes all this.

Soon after it was chartered, the town set aside a large square for public activities, and The Oak Grove and Franklin Square remain public-spirited today. As Brunswick County's seat until 1978, Southport tried and held the lawless, including the detainee actress Sissy Spacek who was held in the old jail in a scene from "Crimes of the Heart," filmed here in 1986. Another celebrity, the writer Robert Ruark (1915–1965) in his youth summered here in his grandfather's Lord St. house: "Most of the things that I value today had started in that house."

You can savor the salubrious breeze here before shoving off to, say, Bald Head Island, Oak Island, Caswell Beach or Fort Fisher ferry. 📍

Southport

113 W. Moore St.
Southport, NC 28461

(910) 457-7927

www.southport-oakisland.com

14 MOORES CREEK NATIONAL BATTLEFIELD

Pender County

By Michael E.C. Gery

These days, the swamps of southeastern North Carolina have little strategic value for anyone other than snakes, birds, bats and their allies. So it's interesting to consider that on a cold night in February 1776, a swamp near Black River in Pender County pretty much prevented the British from taking control of the South and maybe even all of America.

The Battle of Moore's Creek Bridge on Feb. 27, 1776, is commemorated in one of 22 National Battlefields of the American Revolution preserved by the National Park Service. In less than two hours here, you can get a good idea of how important this swamp really was.

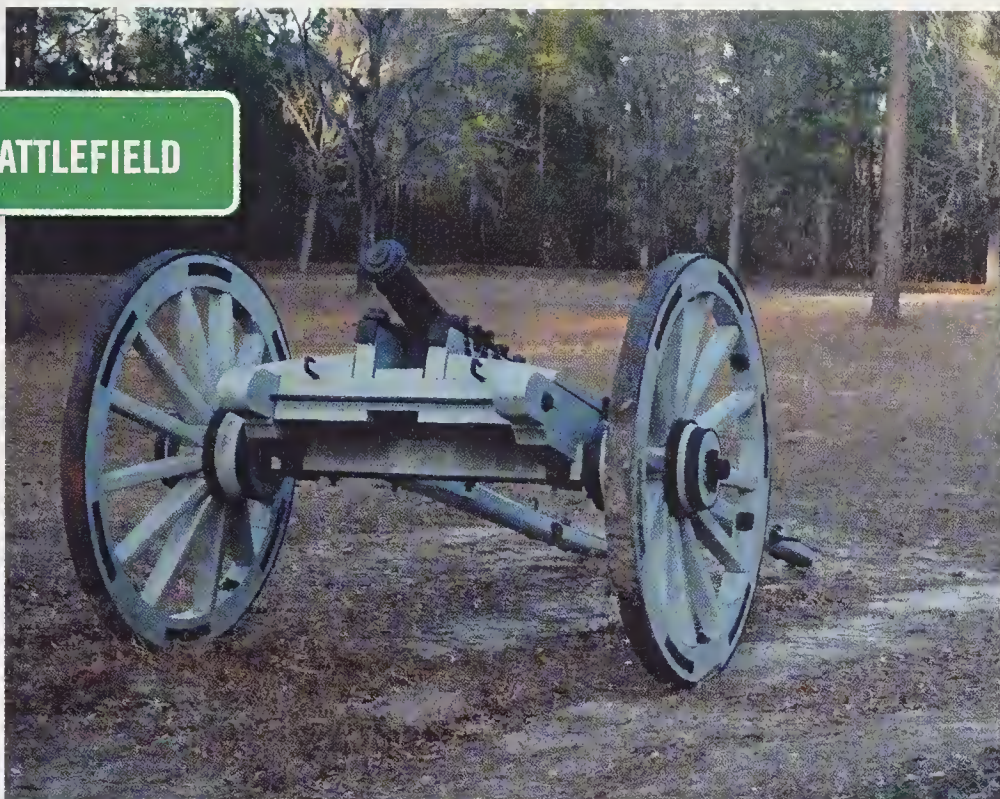
THE IMPORTANCE OF A SWAMP

Not much was going on in this part of Pender County in early 1776. In fact, runaway slaves found relative safety in the swamps.

In the surrounding area, influenced by the port at Wilmington and the agricultural trading center of Cross Creek and Campbell Town (now Fayetteville), residents had taken sides in the upheaval caused by British rule. Those loyal to the Crown (known as loyalists) were connected to or protected by the provincial government. These included Scottish Highland emigrants in today's Cumberland County region who had been granted certain promises of prosperity in return for their loyalty. On the other side were the patriots, who figured they would be better off without any connection to Britain whatsoever. By that winter, the patriots had been emboldened by victorious uprisings at Lexington and Concord in Massachusetts the previous spring.

Meanwhile, exiled provincial Gov. Josiah Martin, inside a fort at the mouth of the Cape Fear River and later on a ship offshore, plotted to restore British control of North Carolina. He figured that a rejuvenated loyalist fighting force from interior North Carolina could trample anything in its way and meet up with the approaching British navy forces at Wilmington, later to retake the province.

Martin overestimated the strength loyalist forces and underestimated the cunning of local patriots who knew the countryside, the waterways and the swamps. The loyalists recruited a good number of Scottish Highlanders and assembled with British Gen. Donald MacDonald at Cross Creek that winter. The patriots had their own militias, composed of citizens who mustered under James Moore




Local patriots used a cannon like this, fondly called "Mother Covington," to stop troops loyal to the British crown.

and called themselves the 1st North Carolina Continentals. The patriots soon determined that an area around Widow Moore's Creek would be a good place to fend off the loyalists who had to pass through here while advancing to Cape Fear.

On February 26, Gen. MacDonald sent a messenger to James Caswell's 800-man militia encamped near the Moore's Creek bridge, suggesting they give up. Caswell refused, and MacDonald ordered an attack. Caswell's militia and another 150-man force with Alexander Lillington meanwhile built an earthworks to defend themselves. They also performed a series of maneuvers to confound the loyalist troops, including deplanking and greasing the bridge. When loyalists moved forward at night, their drums rolling and bagpipes moaning, they became bogged down in the swamp and decided to await daylight.

At first light on February 27, the loyalists tried crossing the bridge, slip-sliding this way and that, and met fire from a cannon (named "Mother Covington") from behind the earthworks they had never detected. They gave up after more than 30 were killed, 40 wounded, and others lost in the creek and swamp. One patriot died.

Less than two months later, North Carolina became the first colony to vote for independence. Rebuffed at Moore's Creek, the British never again made significant progress toward taking over the South.

The national battlefield park contains 87 acres, including a 1-mile trail with markers explaining what happened. You can see reconstructed earthworks and original weaponry and imagine the battle. Open daily from 9 a.m. to 5 p.m., there's no fee, an introductory film, artifacts and resource information at the visitor center. 

Moore's Creek National Battlefield
40 Patriots Hall Dr.
Currie, NC 28435
(910) 283-5591
www.nps.gov/mocr

15 HAMMOCKS BEACH STATE PARK

Onslow County

By Kim Whorton Tripp

Bear Island, a barrier island near Swansboro, is one of the greatest treasures of our southern shores. With more than three miles of south-facing beaches, large mobile sand dunes, tidal estuaries, salt marshes and a small pocket of maritime forest, the island is the predominant home to

Hammocks Beach State Park. Although the park provides bath houses and primitive camping sites, most of the island is wild and undisturbed. Accessible only by passenger ferry or private boat, Hammocks Beach is a jewel along North Carolina's Crystal Coast.

A 25-minute ferry ride from Hammocks Beach State Park headquarters on the mainland in Swansboro takes you through ever-shifting channel waters to Bear Island. A well-marked trail of about a mile leads through the sea grasses and sand dunes to the island's breath-taking, expansive beaches.

Hammocks Beach is a haven for wildlife. Herons, egrets, pelicans and osprey are plentiful. Bottlenose dolphins swim offshore, while deer, raccoons and gray fox inhabit the inland areas. But perhaps the most interesting animal on the island is the loggerhead sea turtle. Between mid-May and late August, female loggerheads come ashore at night to nest above the high-tide line. Camping is restricted during the three days of the full moon during June, July and August for the benefit of the turtles.

Hammocks Beach State Park also includes acreage on two nearby islands. Huggins Island, which sits just inland of Bear

Hammocks Beach sand dunes remain wild and mobile.

Island, consists largely of a thick maritime forest. In 1861–1862, it was home to a Confederate six-cannon battery. This island is only accessible by private boat and there are no facilities, but camping is permitted in certain areas.

The park recently acquired a 17-acre par-

cel on Jones Island which sits at the mouth of the White Oak River, just beyond the Swansboro Bridge. Though not officially part of the park, the island will be managed as a state natural area and will protect about one mile of important buffer zone along the White Oak River from runoff pollution.

ISLAND HISTORY

Bear Island is said to have gotten its name from Tobias Knight, a wealthy colonist, who acquired the island in 1713. He called it "Bare Island" for its lack of vegetation. Legend has it that Knight allowed the pirate Blackbeard to use the island.

Bear Island's strategic location has often led it to play a role in the protection of the mainland. During the Civil War, Confederate troops on the island defended it against Union forces occupying Bogue Banks. During World War II, the Coast Guard used Bear Island to secure the coast and monitor German U-boat activity.

In the 1920s, Dr. William Sharpe, a neurosurgeon from New York, bought the island along with a 4,600-acre mainland site. He intended to will the property to his longtime friend John Hurst, but Hurst persuaded him to donate it to the North Carolina Teacher's Association, an organization of African-American teachers. In 1961, that association donated the island to the state of North Carolina for a park. Initially planned as a park for African Americans, Hammocks Beach State Park opened for all following the Civil Rights Act of 1964. 📍

Hammocks Beach State Park
1572 Hammocks Beach Road
Swansboro, NC 28584

(910) 326-4881
www.ncparks.gov



16 NEUSEWAY NATURE PARK

Lenoir County

By Carla Burgess

Imagine a place where you can explore a cave, climb a rock wall, launch a canoe, angle for catfish, see and touch live animals, hike along nature trails and stargaze in a planetarium. At the 55-acre Neuseway Nature Park, which comprises a nature center, science museum, planetarium and park in Kinston, all of these activities are on the menu. If you can't see it all in a day, you can even pitch a tent or park an RV in the park's campground beside the banks of the Neuse River.

About 100,000 people visit this one-of-a-kind attraction each year.

The Neuseway complex is a joint enterprise of the city of Kinston and Lenoir County. Besides providing entertainment and education, it also showcases environmentally responsible development. An array of solar panels provides at least 10 percent of the museum's electrical power. The park was also the site of a North Carolina State University experiment with green roofs—vegetated rooftops that help capture and retain rainwater and prevent runoff and pollution.

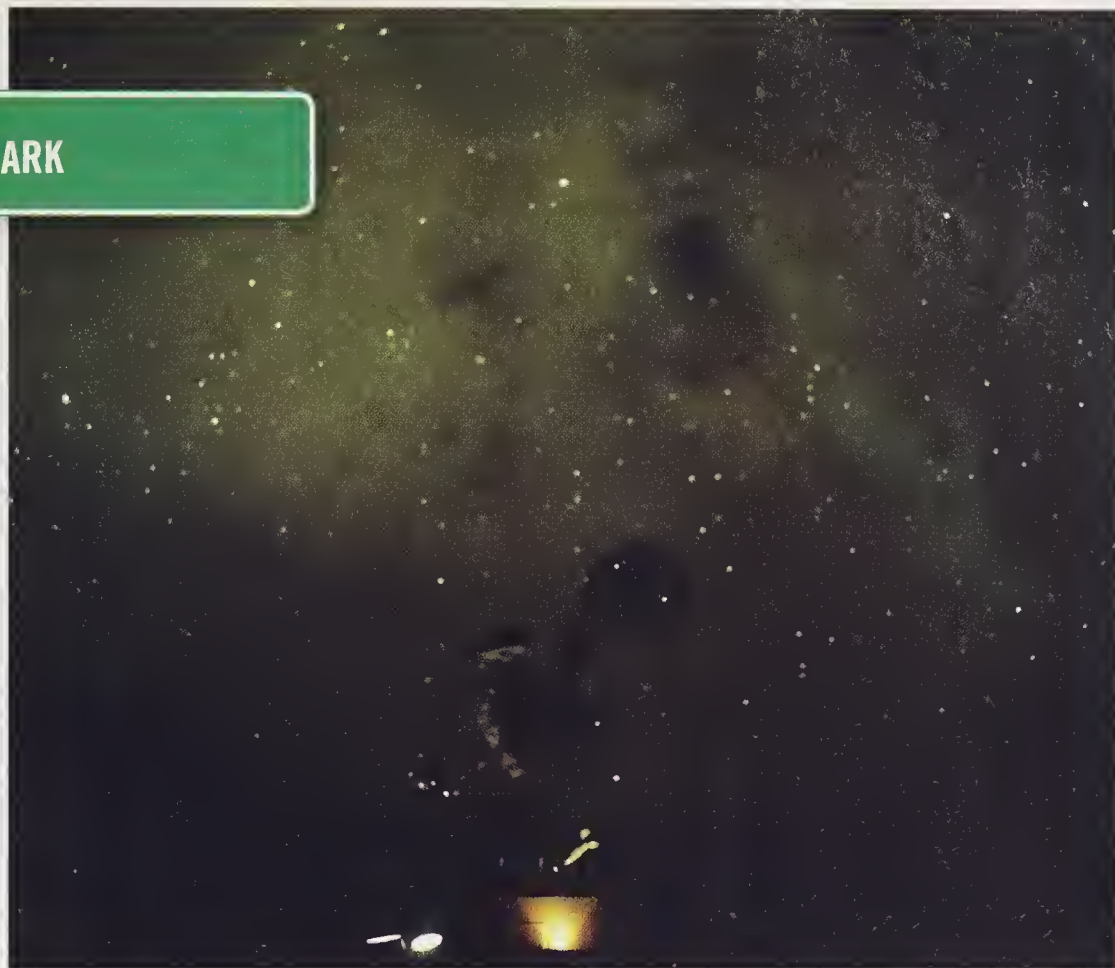
HEALTH AND SCIENCE MUSEUM & PLANETARIUM

The 5,000-square-foot health and science museum is filled with hands-on exhibits for children of all ages. The most popular, says director Jody Paramore, is a 30-foot lighted tunnel that is a giant replica of the human circulatory system—as they crawl through, each child represents a drop of blood as it travels through the heart and arteries. The tunnel is big enough for parents to tag along. Kids can also play a super-size version of the classic “Operation” game using extra-large tweezers.

The building's roof is a 24-foot dome that houses a 52-seat planetarium. Here, images of constellations and planets are projected against a simulated night sky. Daily programs focus on the current sky arrangement. Special programs throughout the year celebrate special celestial events.

NATURE CENTER

The Exchange Nature Center is a two-level building whose main floor features a saltwater tank where visitors can see and touch starfish, sea urchins, sand dollars and hermit



The Neuseway planetarium daily programs focus on the current night sky.

crabs. There are also live exhibits of venomous and nonvenomous snakes, spiders and scorpions. The building's basement is a fabricated cave with live turtle tanks and aquariums filled with fish you'd expect to find in the Neuse River.


NATURE PARK

The sprawling park grounds include a 7-acre pond. Visitors can check out 16-foot canoes for free and receive instructions for paddling the calm water. More experienced canoeists can explore the Neuse River. The pond is stocked with catfish, and anglers may borrow rods, reels and tackle.

For those who prefer terrestrial exploits, the park features a 16-by-24-foot rock-climbing wall. Staff members provide instruction to novices and act as belayers to guide and supervise climbers. Other places to explore afoot are two self-guided nature trails, ½-mile and 1-mile long.

The park's newest attraction is a 25-passenger train that circles about 3 acres.

CAMPING

The full-service campground offers hot showers, fire rings and picnic tables. There are eight sites for RVs, including water, sewer, and 20-, 30-, and 50-amp electric hook-ups (\$10 a night). Tent sites without hook-ups are \$6 a night. The campground is open year-round. Call to reserve campsites. 

Neuseway Nature Park

401 W. Caswell Street, Kinston

(252) 939-3302 (Museum)

(252) 939-3367 (Nature Center,
Campground)

(252) 939-3332 (Planetarium)

www.neusewaypark.com

NORTHERN COASTLAND ADVENTURES



This is North Carolina's cradle of civilization. Like the birds in the local Atlantic Flyway, here is where we learned to fly faithfully and gracefully. Now we teach others how to keep it that way. (For more information see our travel resources on page 82.)

17

TRYON PALACE AND GARDENS



Once the grandest residence in the American colonies, Tryon Palace in New Bern saw its restoration begin in the 1940s and has become the state's grandest public history project.

18

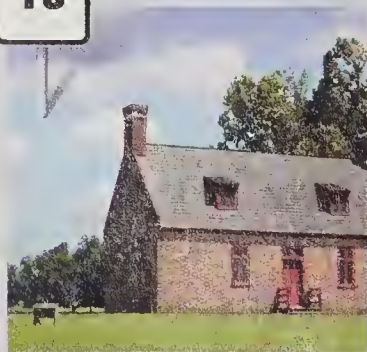
TILLERY RESETTLEMENT



A Depression-era project, Tillery Resettlement helped African American families take pride in farming and land ownership, leading to a nationally-known community-building movement.

19

NEWBOLD-WHITE HOUSE



Simple and elegant, the Newbold-White House in Hertford stands as the oldest house in North Carolina open to the public.

20

PURPLE MARTIN MAJESTY



Every summer, some 100,000 purple martins roost safely under a bridge between Manns Harbor and Dare County's Outer Banks.

17 TRYON PALACE AND GARDENS

Craven County

By Michael E.C. Gery

What happened here in the 1940s and 1950s may be more interesting than what happened in the 1770s and 1780s. Built under protest in the Colonial Era, these buildings and grounds were restored to grandeur to become North Carolina's first public history project.



The Latham Gardens splendor in spring.

HISTORY OF TRYON

William Tryon, a well-connected English military officer, at age 36 in 1765 became the seventh governor of the Royal Crown Colony of North Carolina. By that time, many residents of the colony resented the British and their taxes. Some of those taxes between 1767 and 1770 built Tryon Palace in New Bern, where the royal governor lived with his wife and daughter and presided over meetings of the official colonial government. This made the state's second town, New Bern, the first permanent capital of North Carolina.

Considered the finest building in the American colonies, Tryon Palace's Georgian architecture, symmetrical throughout, copied fashionable English houses of the time. The family lived lavishly—with about a dozen slaves in outbuildings and a housekeeper and steward who lived downstairs—surrounded by fine furnishings and gardens. After he bashed the rebellious Regulators at Alamance in May 1771, life for Tryon became very uncomfortable, and he soon got himself appointed governor in New York and fled. Josiah Martin succeeded him in New Bern and lived in the Palace until he, too, left under fire in May 1775.

Free from British rule, North Carolina continued using Tryon Palace as a capitol until the seat of government moved to Raleigh in 1794. Although no one lived here, New Bern entertained George Washington at the Palace during his triumphant tour of the area in 1791.

A Masonic Hall and boarding school occupied

the building and grounds until the main building burned in 1798. As New Bern grew to be a prosperous port city in the 1800s, the compound deteriorated and its large kitchen "office" building was demolished, to the point where no one was really sure of the actual site's location.

In the 1940s, New Bern preservationists found the original plans for the Palace and began a crusade to resurrect it. New Bern native Mrs. James Edwin Latham of Greensboro became the financial angel of the project. By 1945, the state government became a partner and serious archaeological research had begun. Substantial state funds helped rebuild everything, and in April 1959, Tryon Palace opened as North Carolina's first public history site.

VISITING THE PALACE TODAY

Over the years Tryon Palace has expanded to include three historic houses and the multi-exhibit New Bern Academy Museum (which served as a school for nearly 200 years until 1971), a garden/craft shop and gift shop, and amazing gardens. All are open to the public. Character interpreters in the Robert Hay House (c. 1805) tell what middle class life was like in the 1830s alongside authentic reproductions of period furnishings.

In 2010 (New Bern's 300th anniversary), the site plans to open a \$60 million, 48,000-square-foot N.C. History Education Center on six adjacent acres.

Educational and cultural events take place year-round here. A \$15 ticket is good for two days, which is what it takes to soak in everything, including the spectacular gardens (best in spring and fall). ☺

Tryon Palace Historic Sites & Gardens
610 Pollock Street
New Bern, NC 28560
(800) 767-1560
www.tryonpalace.org



The royal governor lived lavishly here in 1770.

18 TILLERY RESETTLEMENT

Halifax County

By Michael E.C. Gery

The African American community in Tillery during the past 40 years has assembled a movement of memory, pride and accomplishment that has gained national and international recognition. Today, you can visit the Tillery History House to get an idea of how it all happened.

THE HISTORY OF RESETTLEMENT

Tillery sits in what was one of the largest slave-owning regions in the state. One plantation here worked 273 slaves, another worked 150. After Emancipation and Reconstruction, black families organized successful communities that later suffered under Jim Crow oppression into the 1930s. A Depression-era federal government program, the Resettlement Administration, bought land from struggling white families throughout the U.S. and laid out cooperative communities to allow “resettled” families to work and earn title to property. Tillery Resettlement (later called Roanoke Farms) was one of the largest anywhere, 18,000 acres in 1934 designed for 300 families. It soon was segregated (whites got the higher ground), and by the time the program faded in 1943, some 150 African American families had settled here, and 93 of them owned their land. The first group came from some distance away, a second from neighboring counties and a third were enterprising black farmers who tried working here after World War II.

“It made you feel like somebody,” remembered Lucille Parker Cheek, “raising everything and being independent.” Each family

had a house, outbuildings, mule and wagon. They grew corn, peanuts and cotton. They built a community store, Tillery Chapel Church and a potato curing house. The Rosenwald Foundation built schools.

Subjected to discrimination common in the area at the time, black families in the 1950s formed the Tillery Improvement Association to assert their rights. That movement grew into Concerned Citizens of Tillery (CCT), originally formed to

protect the black school. Today, the non-profit CCT is widely praised for advancing education, health care, elder activities and business development, as well as fighting environmental assault (notably hog factory farms) and economic injustice. CCT’s primemover and executive director Gary Grant says none of this progress would have happened without the community first preserving its heritage.

VISITING TILLERY TODAY

The History House is where the public can see pictures, furnishings and tools associated with the Resettlement and its after-effects. Photos show resettlement families and homesteads, many still family residences today. Of eight African American Resettlement communities nationwide, only Tillery has been documented. History House itself was a Resettlement house moved to the site of the community store, now a meeting place. Also here is the former “Curin’ House,” now a health center. History House is open 10 a.m. to 4 p.m. weekdays. Call ahead weekends and you might get a tour that includes the Roanoke Farms sites, churches and schools, Caledonia Prison Farm and down-home meals at the Resettlement Café.

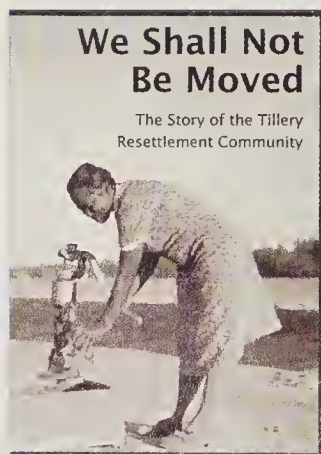
In 2007, the community unveiled a new highway historical marker in downtown Tillery at Hwys. 561 and 481, and premiered the film, “We Shall Not Be Moved,” assisted by Duke Center for Documentary Studies. The local Joyful Sound Gospel Choir sings that stirring old hymn and others on a CD for sale. As they say in the film, “If we want to have a community that is alive, we too must sing the song.”

Tillery Resettlement

321 Community Center Rd.
Tillery, NC 27887

(252) 826-3017
tillery@aol.com
www.cct78.org

Tillery's History House at the community center shows how important the Resettlement was to local families.



The community has produced a documentary video of the Resettlement and its effects.

19 NEWBOLD-WHITE HOUSE

Perquimans County

By Michael E.C. Gery



North Carolina's oldest house open to the public needs support from people who care about our state's heritage.

A Quaker family lived peacefully and farmed this quiet, open ground two generations before North Carolina and the rest of America declared independence from Britain. When you visit the place today, you can still feel that sense of

peace in the surrounding fields along the Perquimans River.

The land around the Newbold-White House was officially purchased in 1684 by Joseph Scott, a Quaker probably from England. Other families occupied and farmed it over the years, and in 1730 Abraham Sanders built a brick house here for his wife and family. That house remains standing today as the oldest house in North Carolina open to the public. Considering that very little around it has changed since the house was built, you can actually see and feel the history here.

Simple, elegant and carefully restored, the house itself looks as it did in 1730. Most of the brick is original and was laid in an unusual pattern. Leaded glass windows look onto the surrounding 163 acres. Two fireplaces, original pine woodwork, a corner stairway accompany period furnishings inside, giving you a feel for how families lived.

The first White to own the house was Nancy Sanders White, from about 1799–1832. John Henry Newbold owned it from 1943–1949. The Perquimans County Chamber of Commerce and the Perquimans County Historical Society in 1969 formed the Perquimans County Restoration Association in order to restore the house. By 1971 the house was listed on the National Register of Historic Places, and in 1973, the association purchased the property from the Newbold family.

Since then the association has cared for a Quaker gravesite, a seasonal herb garden, a vineyard, a recently added smokehouse and the Periauger, a replica of a Colonial workboat.

HELP SUPPORT STATE HERITAGE

This Colonial Quaker home-turned-museum is now in danger of closing its doors. It takes about \$100,000 a year to keep the house open to the public, but this year the association is about \$25,000 short. Additional funds would be needed to make repairs to the site. The association does not receive state funding.

The project also could benefit from more volunteers and additional period furniture. The grounds could use a tractor, too, association leaders have said. The expansive grounds provide plenty of room for picnics and parking. Group tours are welcome.

WHEN YOU GO

Concerts, classes, holiday events, banquets and meetings are held here during the season. The Museum Shoppe carries ceramic plates, bird bottles, mugs, pine needle baskets, bayberry soaps, scented candle tapers, handmade greeting cards, as well as local and regional history books.

The Newbold-White House is located near Hertford, just off of Highway 17, between Elizabeth City and Edenton. The site is open March 1 through Thanksgiving. Guided tours of the Newbold-White House are offered Tuesday through Saturday, 10 a.m. to 4 p.m. A small admission fee is charged. ⓘ

Newbold-White House

Harvey Point Rd.
Hertford, NC 27944

(252) 426-7567

www.newboldwhitehouse.org

20 PURPLE MARTIN MAJESTY

Dare County

By Michael E.C. Gery

For more than 30 years, no one made a big deal about the huge numbers of purple martins that sought refuge under the bridge crossing Croatan Sound between Manns Harbor and Roanoke Island. It was just a phenomenon of nature that locals appreciated.

As traffic running to and from the Outer Banks grew heavier, however, the birds themselves found their bridge roost no longer the safe haven they thought it was. Vehicles were killing thousands of martins every summer, terrifying not only the birds but also the motorists who encountered the swooping swarms at dawn and dusk every day.

A SOLUTION FOR BIRDS AND MOTORISTS

During the last few years, local birders studied the martin roost and began informing local people and officials about the amazing summer display and the traffic safety issues surrounding it. The idea of protecting the roost and motorists took hold easily. Now, from July through mid-September, flashing lights and a 20-mph speed limit on the 50-year-

old William Umstead Bridge protect birds and drivers alike, and allow all of us to witness the spectacular display of birds during sunrise and sunset hours.


The Coastal Carolina Purple Martin Society estimates that some 100,000 martins come to the Manns Harbor Roost each year after their young are able to fly. The birds like it under the bridge because there are no land-dwelling predators nearby. At dawn they leave in search of

their favorite food—insects—available among the vast agricultural fields, wildlife refuges and wetlands of the coastal plain. Their morning departure is so large they can be seen on Doppler radar. They return at sunset to sleep under the western span of the bridge, building up fat stores in preparation for their 2,600-mile migration back to Brazil in September.

AMERICA'S MOST BELOVED BIRD

Martins rely 100 percent on people for nesting quarters and reproductive success. Most birds return to the same colony each year. After nesting, martins may travel up to 150 miles from their breeding colonies—ranging from the Outer Banks to Williamston, Elizabeth City to Belhaven—to reach the Manns Harbor roost.

Martins have been called America's most beloved bird, says Alisa Esposito, chair of CCPMS. "Residents of North Carolina's coastal plain have a long history of providing homes for these birds," she says. "Generation after generation of residents and visitors alike are rewarded annually with pleasant martin chatter and the added benefit of natural insect control. These martins grace our community each year because our coastal open spaces and waterways provide these birds with such spectacular habitat."

Look for a series of educational programs associated with the roost this summer. You also can join the society. 

**Coastal Carolina
Purple Martin Society**
P.O. Box 172
Manns Harbor, NC 27953

(252) 394-6205
purplemartinroost@gmail.com
www.purplemartinroost.com



In summer months at dawn and dusk, you can see thousands of purple martins flying to and from their roost under the west end of the old Manns Harbor bridge.



Once young purple martins are able to fly in mid-summer, they will roost under the old Manns Harbor Bridge in Dare County awaiting the time to head to Brazil for the winter.

N.C. TRAVEL RESOURCES

MOUNTAINS

Alexander County
(828) 632-8141
www.alexandercountychamber.com

Alleghany County Chamber
(800) 372-5473
www.sparta-nc.com

Andrews Chamber
(828) 321-3584
www.andrewschambercommerce.com

Ashe County Chamber
(888) 343-2743
www.ashechamber.com

Asheville CVB
(828) 258-6101
www.exploreasheville.com

Avery/Banner Elk
(800) 972-2183
www.balconyoftheblueridge.com

Beech Mountain Chamber
(800) 468-5506
www.beechmtn.com

Black Mountain
(800) 669-2301
www.exploreblackmountain.com

Blowing Rock
(877) 750-INFO
www.blowingrock.com

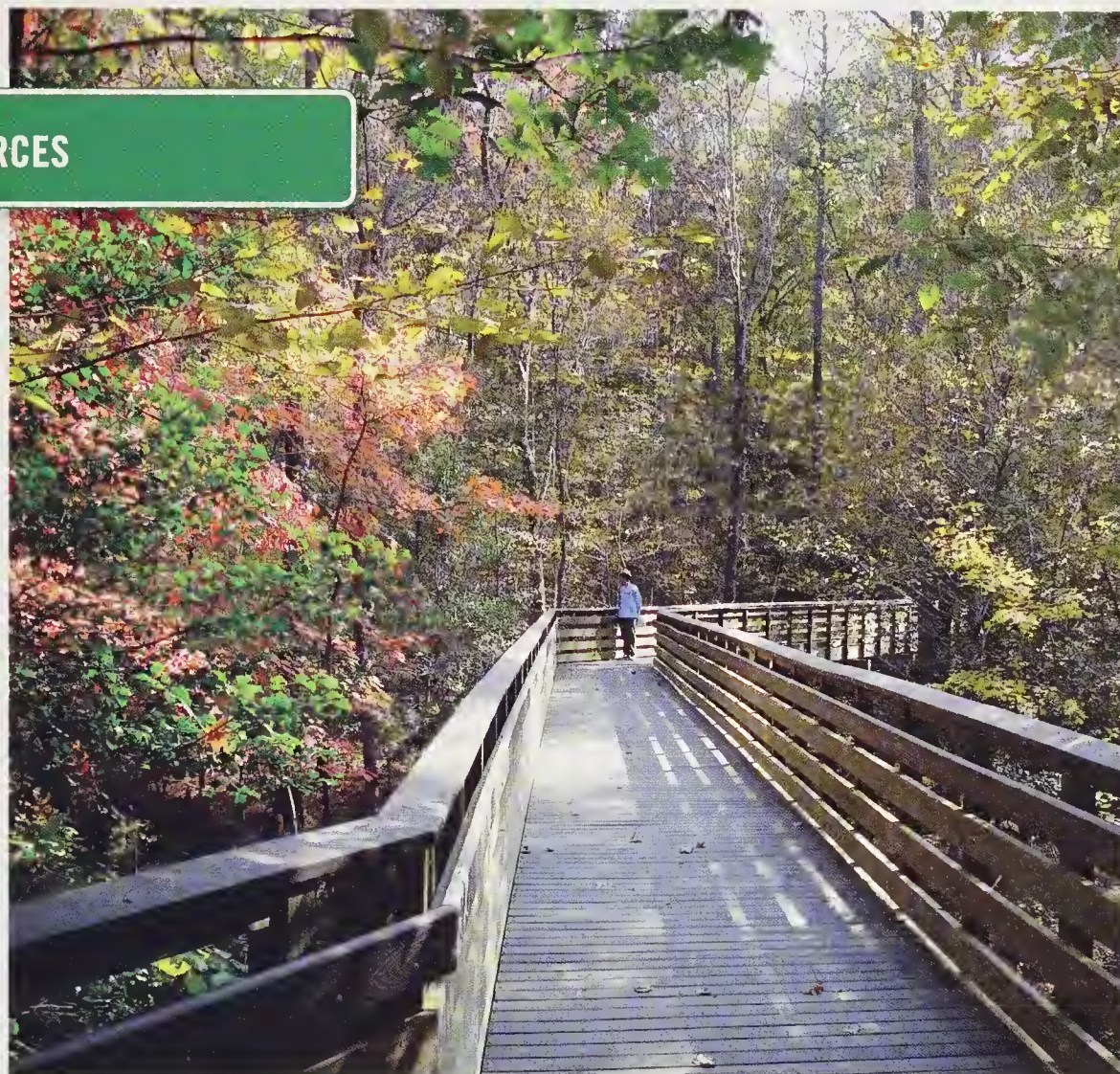
Blue Ridge Parkway
(828) 298-0398
www.blueridgeparkway.org

Boone CVB
(800) 852-9506
www.visitboonenc.com

Brevard/Transylvania County Tourism
(800) 648-4523
www.visitwaterfalls.com

Brevard-Transylvania Chamber
(828) 883-3700
www.brevardncchamber.org

Burke County Travel & Tourism, Morganton
(888) 462-2921
www.burkecountytourism.org



Caldwell County
(828) 757-1290
<http://caldwell.ces.ncsu.edu>

Caldwell County Chamber
(828) 726-0616
www.caldwellcochamber.org

Cashiers Area
(828) 743-5191
www.cashiersnorthcarolina.com

Catawba County
(828) 465-8240
<http://catawba.ces.ncsu.edu>

Cherokee County
(828) 837-2242
www.cherokeeountychamber.com

Cherokee Indian Reservation
(800) 438-1601
www.cherokee-nc.com/main.htm

Clay County Chamber
(828) 389-3704
www.claycounty-nc-chamber.com

Cleveland County Chamber
(704) 484-4800/(704) 487-8521
(704) 739-4755 (Kings Mountain)
www.clevelandchamber.org

Dillsboro Merchants Assn
(828) 586-3461
www.dillsboromERCHANTS.com

Franklin Chamber/Macon County
(800) 336-7829/(828) 524-3161
www.franklin-chamber.com

Graham County Travel & Tourism
(800) 470-3790/(828) 479-3790
www.grahamcountytravel.com

Haywood County Chamber
(828) 456-3021/(877) 456-3073
www.haywood-nc.com

Haywood County/ Maggie Valley/Waynesville
Gateway to the Smokies
(800) 334-9036/(828) 452-0152
www.smokeymountains.net

Henderson County Travel & Tourism
(800) 828-4244
www.historichendersonville.org
www.historicflatrock.org

Greater Hendersonville Chamber
(828) 692-1413
www.hendersonvillechamber.org

Hickory Metro CVB & Regional Visitors Center
(800) 509-2444/(828) 322-1335
www.hickorymetro.com

Hickory Nut Gorge
(877) 625-2715/(828) 625-2725
www.hickorynut.org

High Country Host
Travel & accommodations information
(800) 438-7500/(828) 264-1299
www.mountainsofnc.com

Highlands Chamber & Visitors Center
(828) 526-2114
www.highlandschamber.org

Jackson County Travel & Tourism
(800) 962-1911
www.mountainlovers.com

Lincolnton-Lincoln County
(704) 735-3096
www.lincolinchambernc.org

Madison County
(877) 262-3476
www.visitmadisoncounty.com

Maggie Valley Area CVB
(800) 624-4431/(828) 926-1686
www.maggi valley.org

McDowell Chamber
(828) 652-4240
www.mcdowellchamber.com

McDowell Tourism Development Authority, Old Fort
(888) 233-6111/(828) 668-4282
www.mcdowellinc.org

Mitchell County Chamber, Spruce Pine
(828) 765-9483/(800) 227-3912
www.mitchell-county.com

Mooresville CVB
(704) 799-2400/(877) 661-1234
www.racecityusa.org
www.mooresvillenc.org

NC Welcome Center
(I-40 West, Waynesville)
(828) 627-6206
www.visitnc.com

North Wilkesboro
(336) 667-7129
www.north-wilkesboro.com

Old Fort Chamber
(828) 668-7223
www.oldfort.org

Polk County Chamber
(828) 859-6236
www.polkchamber.org

Polk County Visitors Center, Tryon
(800) 440-7848
www.nc-mountains.org

Rutherford County Chamber
(828) 287-3090
www.rutherfordcoc.org

Rutherford County Tourism Development
(800) 849-5998/(828) 245-1492
www.rutherfordtourism.com

Statesville CVB
(877) 531-1819/(704) 878-3480
www.visitstatesville.org

Smoky Mountain Host
Guide to attractions & accommodations
(800) 432-4678
www.visitsmokies.org

Swain County
(800) 867-9246/(828) 488-3681
www.greatsmokies.com

Wilkes County Chamber
(336) 838-8662
www.wilkesnc.org

Wilkesboro
(336) 838-3951
www.wilkesboronorthcarolina.com

Yancey County-Burnsville Chamber
(800) 948-1632/(828) 682-7413
www.yanceychamber.com

WESTERN PIEDMONT

Anson County Chamber, Wadesboro
(704) 694-4181
www.ansoncounty.org

Archdale-Trinity Chamber
(336) 434-2073
www.archdaletrinitychamber.com

Belmont Chamber
(704) 825-5307

Bessemer City Area
(704) 629-5542
www.bessemercity.com

Cabarrus County CVB
(800) 848-3740/(704) 782-4340
www.visitcabarrusc.com

Central Park
(910) 428-9001
www.centralparknc.org
info@centralparknc.org

Charlotte Chamber
(704) 378-1300
www.charlottechamber.org

Charlotte CVB
(800) 722-1994/(704) 334-2282
www.visitcharlotte.com

Cherryville Chamber
(704) 435-3451
www.cherryvillechamber.com
www.cityofcherryville.com

Davidson County
www.visitdavidsoncounty.com

Davie County Chamber
(336) 751-3304
www.daviecounty.com

Denton Area Chamber
(336) 859-5922
www.dentonnorthcarolina.com

Eden
(336) 623-2110
www.ci.eden.nc.us

Elkin-Jonesville Chamber
(336) 526-1111
www.welcometonc.com

Gaston County Chamber
(800) 348-8461/(704) 864-2621
www.gastonchamber.com

Gaston County Travel & Tourism
(800) 849-9994/(704) 825-4044
www.gastontourism.com

Greensboro Area Chamber
(336) 387-8301
www.greensboro.org

Greensboro Area Convention & Visitors Bureau
(800) 344-2282/(336) 274-2282
www.visitgreensboro.com

High Point Chamber
(336) 882-5000
www.highpointchamber.org

High Point Convention & Visitors Bureau
(800) 720-5255/(336) 884-5255
www.highpoint.org

Kernersville Chamber
(336) 993-4521
www.kernersvillenc.com

King Chamber
(336) 983-9308
www.kingnc.com

Lexington Area Chamber & Visitors Center
(866) 604-2389/(336) 236-4218
www.visitlexingtonnc.com

Liberty Chamber
(845) 791-4200
www.liberty-nc.com

Marshville
(704) 624-3183
www.marshvillenc.com

Matthews Chamber
(704) 847-3649
www.matthewschamber.com

Mint Hill
(704) 545-9726
www.minthill.com

Monroe Tourism & Visitors Bureau
(704) 225-1085
www.visitmonroenc.org

Greater Mount Airy
(800) 948-0949/(336) 786-6116
www.visitmayberry.com

Piedmont Triad Visitors Center
(800) 388-9830/(336) 388-9830
www.greensboronc.org

Randolph County Tourism, Asheboro
(800) 626-2672
www.visitrandolphcounty.com

Reidsville Chamber
(336) 349-8481
www.reidsvillechamber.org

Rowan County Chamber
(704) 633-4221
www.rowanchamber.com

Rowan County CVB
(800) 332-2343/(704) 638-3100
www.visitsalisburync.com

Stanly County Chamber
(704) 982-8116
www.stanlychamber.org

Stanly County CVB
(800) 650-1476/(704) 986-2583
www.stanlycvb.com

Stokes County
(336) 593-2496
www.visitstokesnc.com

Thomasville Visitors Center
(800) 611-9907
www.thomasvilletourism.com

Union County Chamber
(704) 289-4567
www.unioncountycoc.com

Western Rockingham Chamber
(336) 548-6248
www.westernrockinghamchamber.com

Winston-Salem Visitor Center
(866) 728-4200/(336) 728-4200
www.visitwinstonsalem.com

Yadkin County Chamber
(336) 679-2200
www.yadkinchamber.org

EASTERN PIEDMONT

Angier
(919) 639-2500
www.angierchamber.org

Apex Chamber
(919) 362-6456/(800) 345-4504
www.apexchamber.com

Benson Chamber
(919) 894-3825
www.benson-chamber.com
www.bensonmuledays.com

Burlington/Alamance CVB
(800) 637-3804/(336) 570-1444
www.burlington-area-nc.org

Capital Area Visitor Center
(919) 733-4994
www.ncstatecapitol.org

Cary Chamber
(919) 467-1016/(800) 919-CARY
www.townofcary.org
www.carychamber.com

Caswell County Chamber
(336) 694-6106
www.caswellchamber.com

Chapel Hill/Orange County Visitors Bureau
(888) 968-2060
www.chocvb.org

Chapel Hill-Carrboro Chamber
(919) 967-7075
www.carolinachamber.org

Clayton Chamber
(919) 553-6352
www.claytonchamber.com

Dunn Area Tourism Authority
(910) 892-3282
www.dunntourism.org
www.visitDunn.com

Durham CVB
(800) 446-8604/(919) 687-0288
www.durham-nc.com

Greater Durham Chamber
(919) 682-2133
www.durhamchamber.org

Erwin Area
(910) 897-7300
www.erwinchamber.org

Fayetteville Area CVB
(800) 255-8217/(910) 483-5311
www.visitfayettevillenc.com

Franklin County
(919) 496-3056
www.franklin-chamber.org

Fuquay-Varina Area
(919) 552-4947
www.fuquay-varina.com

Garner Chamber
(919) 772-6440
www.garnerchamber.org

Garner
(919) 772-4688
www.ci.garner.nc.us

Granville County Chamber
(919) 693-6125/(919) 528-4994
www.granville-chamber.com

Hillsborough/Orange County
(919) 732-8156
www.hillsboroughchamber.com

Historic Hillsborough
(877) 732-7748/(919) 732-7741
www.historichillsborough.org

Holly Springs Town Hall
(919) 552-6221
www.hollyspringsnc.us

Hope Mills
(910) 423-4314
www.hopemillschamber.com

Johnston County Visitors Bureau
(800) 441-7829/(919) 989-8687
www.johnstoncountync.org

Knightdale Chamber
(919) 266-4603/(919) 217-2220
www.knightdalechamber.org
www.knightdalenc.gov

Laurinburg/Scotland County Area
(910) 276-7420
www.laurinburgchamber.org
www.visitscotlandnc.org

Lillington Area
(910) 893-3751
www.lillingtonnc.com
www.lillingtonchamber.org

Lumberton Visitors Bureau
(800) 359-6971/(910) 739-9999
www.lumberton-nc.com

Montgomery County
(910) 572-4300
www.montgomery-county.com

Morrisville Chamber
(919) 463-7150
www.morrisvillenc.com

Pembroke
(910) 521-9758
www.pembrokenc.com

Person County Tourism
(336) 597-2689
www.visitroxboronc.com

Pinehurst, Southern Pines & Aberdeen Area CVB
(800) 346-5362
www.homeofgolf.com

Pittsboro-Siler CVB
(800) 316-3829
www.visitcathamcounty.com

Raeford-Hoke Chamber
(910) 875-5929
www.hoke-raeford.com

Greater Raleigh Chamber
(919) 664-7000
www.raleighchamber.org

Greater Raleigh CVB
(800) 849-8499/(919) 834-5900
www.visitraleigh.com

Red Springs
(910) 843-5241
www.redsprings.org

Richmond County Chamber, Rockingham
(910) 895-9058
www.richmondcountychamber.com

Rolesville Town Hall
(919) 556-3506
www.ci.rolesville.nc.us

Roxboro Area Chamber
(336) 599-8333
www.roxboronc.com

Saint Pauls
(910) 865-5164
www.stpaulsnc.gov

Sandhills Area Chamber
(910) 692-3926
www.sandhillsonline.com

Sanford Area Chamber
(919) 775-7341
www.sanford-nc.com

Smithfield-Selma Area Chamber
(919) 934-9166
www.smithfieldselma.com

Greater Spring Lake Chamber
(910) 497-8821
www.springlakenc.org

Vance County Tourism Department, Henderson
(866) 438-4565/(252) 438-2222
www.kerrlake-nc.com

Wake Forest Area
(919) 556-1519
www.wakeforestchamber.org

Warren County EDC
(252) 257-2657
www.warren-chamber.org

Wendell
(919) 365-6318
www.wendellchamber.com

Zebulon
(919) 269-6320
www.zebulonchamber.org

SOUTHERN COAST

Bald Head Island Information Center
(800) 234-2441
www.baldheadisland.com

Beulaville
(910) 298-4647
www.townofbeulaville.com

Brunswick County, Shallotte
(800) 426-6644/(910) 754-6644
www.brunswickcountychamber.org

Brunswick Islands, Shallotte
(800) 795-7263
www.ncbrunswick.com

Cape Fear Coast CVB
(Wilmington, Carolina Beach, Kure Beach, Wrightsville Beach)
(877) 406-2356
www.gocapefearcoast.com

Columbus County Tourism
(910) 640-2818
www.discovercolumbuscounty.org

Coast Host
Information on attractions & accommodations
www.coasthost-nc.com
(800) 932-2144

Duplin County Tourism
(877) 862-6757
www.duplintourism.org

Elizabethtown-White Lake
(910) 862-4368
www.elizabethtownwhitelake.com
www.bladeninfo.org

Fair Bluff
www.fairbluff.com

Faison
(910) 267-2721

Greater Goldsboro Travel & Tourism
(919) 734-2241/(866) 440-2245
www.greatergoldsboro.com

Greater Hampstead Chamber
(910) 270-9642/(800) 833-2483
www.hampsteadchamber.com

Greater Jacksonville-Onslow
(800) 932-2144/(910) 347-3141
www.jacksonvilleonline.org
www.onslowcountytourism.com

Kenansville Area
(910) 296-2181
www.duplincountync.com

Kenly Chamber
(919) 284-5510
www.kenlynorthcarolina.com

Kinston CVB
(800) 869-0032
www.visitkinston.com

Kinston-Lenoir County Chamber
(252) 527-1131
www.kinstonchamber.com

LaGrange
(252) 527-1131
www.lagrangenorthcarolina.com

Mt. Olive Area Chamber
(919) 658-3113
www.moachamber.com
www.ncpicklefest.org

NC Ferries

(800) BY-FERRY
www.ncferry.org

Onslow County Tourism

(800) 932-2144/(910) 347-3141
www.onslowcountytourism.com

Pender County, Burgaw

(888) 576-4756/(910) 259-1536
www.visitpender.com

Pleasure Island (Carolina Beach, Kure Beach, Fort Fisher)

(800) 631-1460/(910) 341-4030
(800) 641-7082/(877) 406-2356
www.gocapefearcoast.com
www.carolinabeachgetaway.com
www.explorekurebeach.com

Southeastern Welcome Center

(I-95 South, Rowland)
(910) 754-2505

Southport Visitor Center, Southport

(910) 457-7927
www.cityofsouthport.com

Southport-Oak Island

(800) 457-6964/(910) 457-6964
www.southport-oakisland.com

Swansboro Chamber

(910) 326-1174
www.tourswansboro.com

Tabor City Chamber

(910) 653-2031
www.columbuschamber.net

Tabor City Visitor Center

(910) 653-9712
www.taborcitync.org

Greater Topsail Area

(800) 626-2780/(910) 329-4446
www.topsailcoc.com

Wallace

(910) 285-4044
www.wallacechamber.com

Warsaw

(910) 293-7804
www.warsawnorthcarolina.com
www.townofwarsawnc.com

Wayne County Chamber

(919) 734-2241
www.waynecountychamber.com

Greater Whiteville

(888) 533-7196/(910) 642-3171

Wrightsville Beach Visitors Center

(800) 650-9106/(910) 256-8116
www.visitwrightsville.com

NORTHERN COAST**Ahoskie Chamber**

(252) 332-2042
www.ahoskie-nc.org

Aycock Brown

Welcome Center, Kitty Hawk
(877) OBX-4FUN/(252) 261-4644
www.nagsheadguide.com/
attractions/kittyhawk
www.outerbanks.org

Belhaven Community Chamber

(252) 943-3770
www.belhavenchamber.com

Chowan County Tourism, Edenton

(800) 775-0111/(252) 482-3400
www.visitedenton.com

Coast Host

Information on attractions & accommodation.
www.coasthost-nc.com

Corolla/Currituck Chamber

(252) 453-9497
www.currituckchamber.org

Crystal Coast Tourism Authority

(877) 206-0929/(252) 726-8148
www.crystalcoastnc.org

Dare County

(252) 475-5000
www.darenc.com

Dismal Swamp Canal Welcome Center, Camden County

(877) 771-8333/(252) 771-8333
www.DismalSwamp.com

Duck

(252) 255-1234
www.townofduck.com

Elizabeth City Area CVB

(866) 324-8948/(252) 335-5330
www.discoverec.org

Farmville Chamber

(252) 753-4670
www.farmville-nc.com

Gates County Manager

(252) 357-1240
www.albemarle-nc.com/gates

Greenville/Pitt County CVB

(800) 537-5564
www.visitgreenvillenc.com

Havelock

(252) 447-1101
www.havelockchamber.net

Halifax County Tourism

(800) 522-4282/(252) 535-1687
www.visithalifax.com

Historic Albemarle Tour

(800) 734-1117
www.historicalbemarletour.org

Historic Bath Visitor Center

(252) 923-3971
www.bath.nchistoricsites.org

Hyde County Chamber

(252) 926-9171/(888) 493-3826
www.hydecountychamber.org

Kill Devil Hills

(252) 449-5302
www.kdhnc.com

Kitty Hawk

(252) 261-3552
www.townofkittyhawk.org

Lake Gaston Chamber & Visitors Center

(252) 586-5711/(866) 730-5711
www.lakegastonchamber.com

Manteo

(252) 473-2133
www.townofmanteo.com

Martin County Chamber

(252) 792-4131
www.martincountync.com

Martin County Travel & Tourism

(800) 776-8566/(252) 792-6605
www.visitmartincounty.com

Murfreesboro

Historical Association
(252) 398-5922
www.murfreesboronc.com

NC Ferries

(800) BY-FERRY
www.ncferry.org

NC Welcome Center

(I-95 North)
(252) 537-3365
www.visitnc.com

NC Welcome Center

(I-85 North).
(252) 456-3236
www.visitnc.com

Nash County Visitors Bureau

(800) 849-6825/(252) 972-5080
www.RockyMountTravel.com

Nags Head

(252) 441-5508
www.townofnagshead.net

New Bern/Craven County Convention & Visitor Center

(800) 437-5767/(252) 637-9400
www.visitnewbern.com

Ocracoke NPS Visitor Center

(252) 928-4531
www.nps.gov/caha
www.ocracokeisland.com

Outer Banks Chamber

(252) 441-8144
www.outerbankschamber.com

Outer Banks Welcome Center on Roanoke Island

(877) OBX-4FUN/(252) 473-2138
www.outerbanks.org

Pamlico County Chamber

(252) 745-3008
www.pamlicochamber.com
www.pamlicodirectory.com

Perquimans County Chamber

(252) 426-5657
www.perquimans.com

Roanoke Valley Chamber

(252) 537-3513
www.rvchamber.com

Rocky Mount

(252) 972-1542
www.rockymountnc.gov

Rocky Mount Chamber

(252) 446-0323
www.rockymountchamber.org

Scotland Neck

(252) 826-3152
www.townofscotlandneck.com

Southern Shores

(252) 261-2394
www.southernshores-nc.gov

Tarboro-Edgecombe Chamber

(252) 823-7241
www.tarborochamber.com

Greater Tyrrell County Chamber

(252) 796-1996
www.visittyrrellcounty.com

Washington County Tourism

(252) 793-3248
www.visitwashingtoncountync.com

Washington/Beaufort County Visitor Information

(800) 546-0162
www.originalwashington.com

Wilson Visitors Bureau

(800) 497-7398/(252) 243-8440
www.wilson-nc.com

Windsor/Bertie County Chamber

(252) 794-4277
www.albemarle-nc.com/windsor

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Can't find a builder for your land? Still trying to save up a down payment?

Qualified landowners can now own a beautiful custom Palm Harbor home without a down payment. That's right - \$0 down! Which means you can move into a new home sooner than you ever thought possible.

Palm Harbor specializes in high-quality, affordable, on-your-lot construction. Our homes are energy efficient and offer a wide variety of custom features and options. If you own land, this is your chance to build the home of your dreams for less than you ever imagined. Call us today and let us show you how Palm Harbor Homes delivers more home for your money.

Call Toll Free: 1-866-55-0-DOWN (1-866-550-3696)

For a free informational DVD visit www.palmharbor.com/free

ATTENTION!

ELECTRIC COOPERATIVE MEMBERS!

Here's a plan that can provide
CASH TO HELP WITH FINAL EXPENSES

Up to **\$35,000!***

* Selected maximums apply depending on age

Now you can have a life insurance plan to help cover your final expenses –
a plan which pays up to \$35,000 to help your family cover your last expenses – worldwide.

- Protection up to \$35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92)
Underwritten by Standard Life and Casualty Insurance Co

CLIP AND MAIL COUPON TODAY!

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply

ACT NOW!

Peace of Mind
3700 Forest Drive Suite 205
Columbia, SC 29204

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

**MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION**

CC 04/08